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GUT!**

6 FAT-LOSS SECRETS

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THE FOOD TRAP YOU
WON'T SEE COMING

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**4
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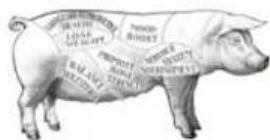
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JASON IERACE



NEW ZEALAND COVER GUY
RICHIE McCAW

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THE MEN WHO MATTER

Rugby's best all-round athletes will decide who claims its greatest prize.

BY MH WRITERS

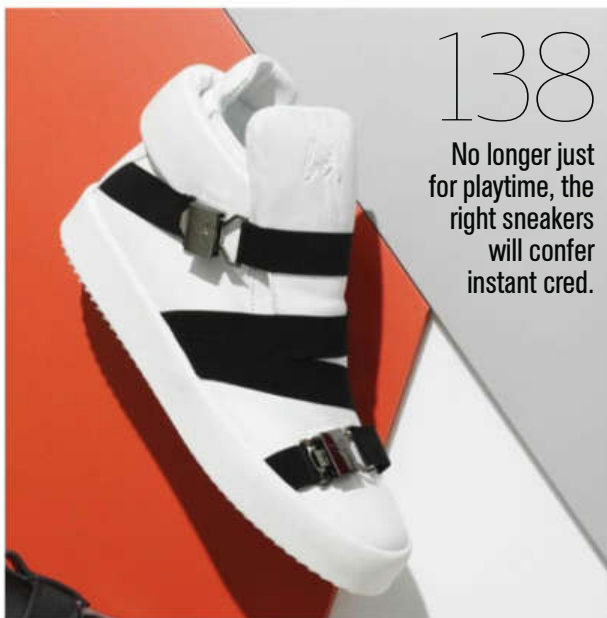
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The right scent can be a ticket to social success. Here's how to choose wisely.



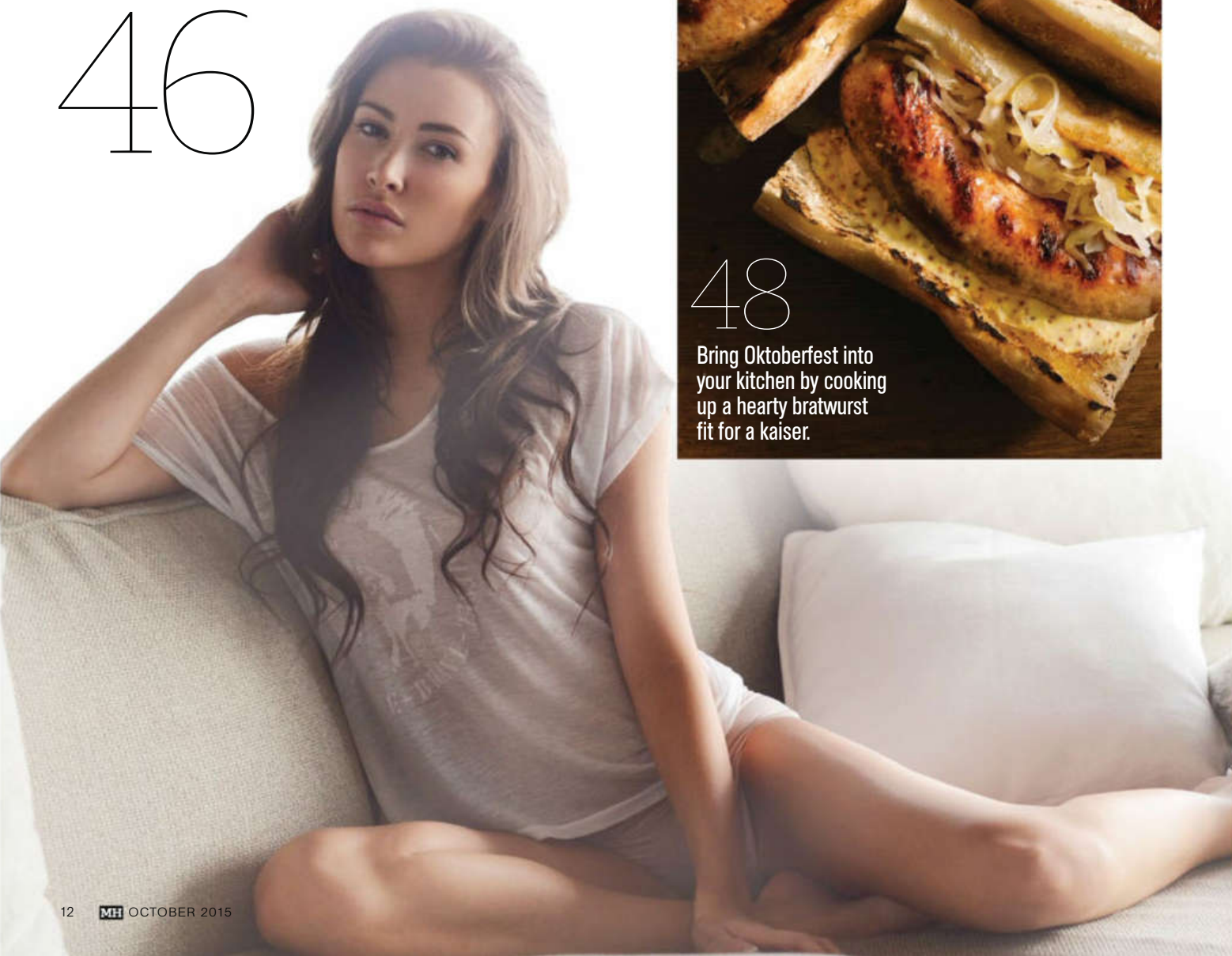
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No longer just for playtime, the right sneakers will confer instant cred.



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Bring Oktoberfest into your kitchen by cooking up a hearty bratwurst fit for a kaiser.



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IMAGINATION DRIVES US



“When you watch an international rugby game now, every man on the pitch is built like a juggernaut”

Indestructible

The timing was far from ideal. Two days before the photo shoot, you really don't want your cover guy to be facing the ferocity of the All Blacks in a Bledisloe Cup decider at Eden Park. There are, truth be told, cosmetic considerations to bear in mind with magazine covers. And rugby can prove a decidedly brutal game. Yet this was the situation we found ourselves in with the Wallabies' Michael Hooper*.

I watched the game through the cracks of my fingers. I winced as Hoops repeatedly hurled himself into the darkest depths of the ruck with his typical kamikaze spirit. My worst fears were confirmed in the 27th minute when a dazed-looking Hooper was briefly forced to leave the field for a concussion test. Visibly sprouting above his left eye was an ominous lump . . .

Two days later, Hoops barrelled into his *Men's Health* shoot, cheerfully shrugging off the five stitches beneath his eyebrow. Rugby players, it's fair to say, are hewn from solid stuff. Not only are they tough competitors (Hooper missed our first scheduled shoot due to a disciplinary hearing for an off-the-ball ruckus against Argentina), they also forge bulletproof bodies designed to deflect serious punishment.

The game has definitely changed. Twenty years ago, your average rugby pro's physique was unremarkable. Forwards were always hefty, but their bulk came courtesy of beer as well as barbells. Backs could be relatively slight, yet still prosper through lightning pace

Not any more. When you watch an international game now, every man on the pitch is built like a juggernaut. Players have never been fitter, stronger or faster. They train hard, eat clean and fearlessly dive into high-impact collisions time and time again. This issue we speak to some of these World Cup warriors to learn their physical and mental secrets on how you can improve your own game. Another thing we've learned? A handful of facial stitches won't ruin a cover - they just add battle-hardened character.

*If you're reading this in NZ, you've got Richie McCaw on the cover instead. You're welcome.

Luke Benedictus

Luke Benedictus

Twitter: @LukeBenedictus

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Stack On Some Beef

You wouldn't be the only guy who goes easy on the weights over winter. Hell, what's the point of building brawn when it's hidden beneath jackets and knits? For *MH* Fitness Adviser Greg Stark, founder of Better Being personal training, winter is a period when he concentrates on maximising his agility for soccer. Come spring his focus shifts to adding size in preparation for shirt-off weather. "Hypertrophy programs are challenging," says Stark. "You need to work hard, but the results are worth it."



Expert advice from
Greg Stark, BSc (Ex&SpSc)

1

Roll up your sleeves

"When the time comes to put on muscle, volume's the key. A protocol I like is German Volume Training: isolating a muscle and hitting it with 10 sets of 10 reps per exercise. I use a slow tempo because I want to keep the muscle under tension for at least 30 seconds. And I keep rest periods short - one minute - to build as much fatigue as possible."

2

Top up the tank

"Even though my goal shifts to building muscle, my diet doesn't change a lot. I look to eat well no matter what time of year it is. But in a hypertrophy phase I will take in more carbs before my session. I train mid-afternoon, so my lunch will contain a good serving of brown rice for fuel. I stick to three meals a day, each with protein and a range of veg."

3

Keep it clean

"Adding muscle needn't mean adding fat as well. If I upped my kilojoule intake a lot, or ate more processed stuff, then I would start to see that showing around my waist. But my body fat stays consistent at 11-12 per cent. A muscular body is like a car with a big engine: the more muscle you have, the more fat you can burn. The key is diet."

4

Read the signs

"Recovery is king when training to build. I've become really tuned in to how my body feels. If it's telling me it's smashed and the worst thing I could do is go out and smash it even more, then I'll take the day off, knowing I'll be able to push harder the next day. Base these decisions on your work and emotional loads as well."

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TWO-SECOND LIFESAVERS

DON'T SELL YOURSELF SHORT

Men care about penis size more than women do. Women care more about how a guy makes her feel. Keep in mind 80 per cent of women can achieve orgasm through clitoral stimulation - something size has no impact on. My advice: seduce and pleasure her so size is irrelevant.



NIKKI GOLDSTEIN
Sexologist and relationship expert

PAUSE BEFORE MOONLIGHTING

A second job to get ahead? Consult your family before diving in. The extra pay may or may not be worth the longer hours and added strain on your family. If you do it, save most of your extra income so it goes to good use. In the end only you and your loved ones can decide what's right.



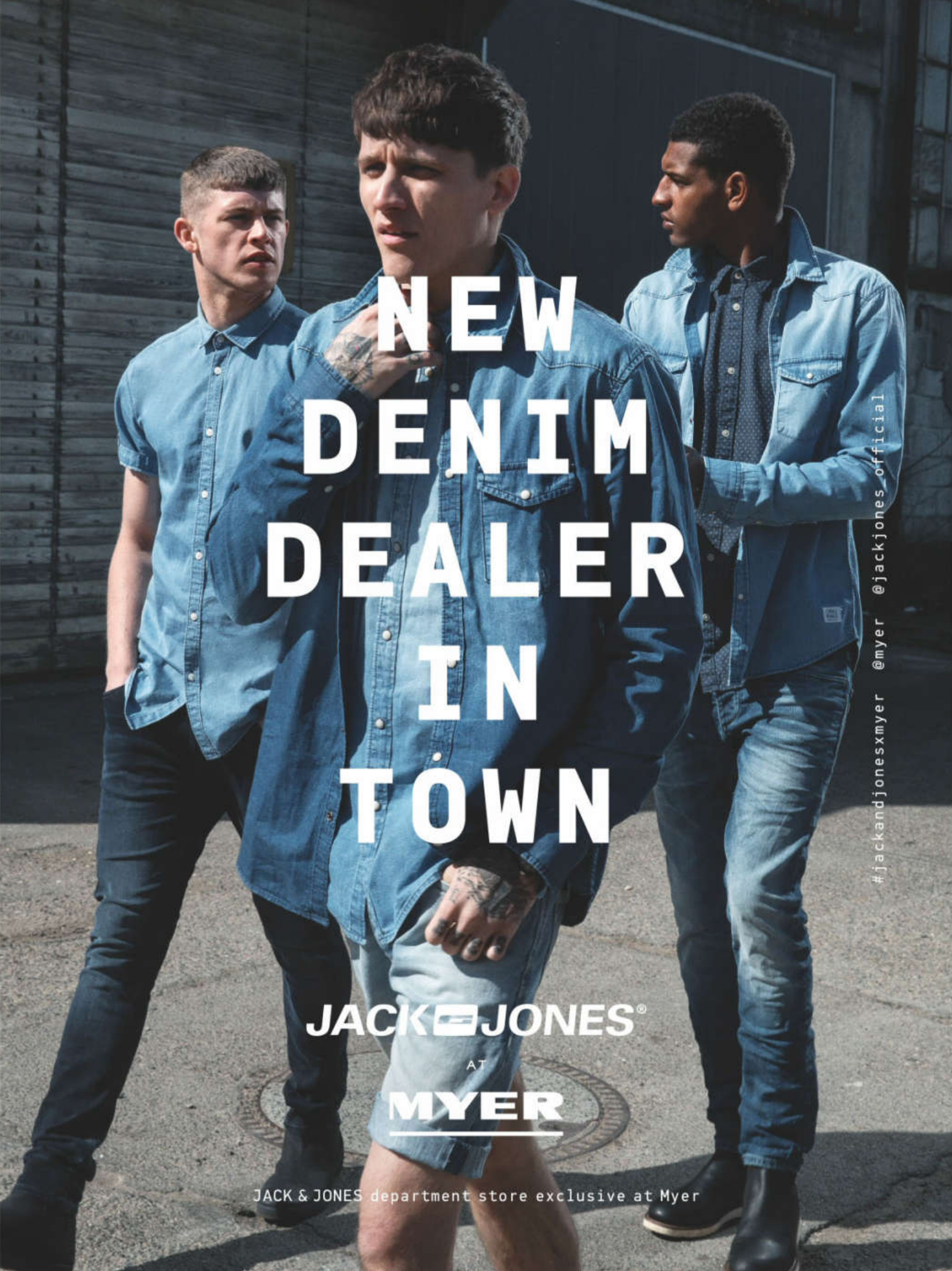
YIANNI TSIMOPOULOS
Managing Director, Nationwide Wealth Advisers

MAKE PERFECT POACHED EGGS

A dash of vinegar into boiling water is a must. Reduce the heat to medium and use a spoon to create a gentle whirlpool in the pot. Release the egg from as close to the surface of the water as possible. If it spreads, use the spoon to fold it over itself. Remove after three minutes.



DAN CHURCHILL
Author of *DudeFood*

A promotional photograph for Jack & Jones denim. Three men are standing in front of a dark, vertically-plank wooden wall. The man in the center is wearing a blue denim shirt over light blue denim shorts, has tattoos on his arms, and is looking off to the side. The man on the left is wearing a blue short-sleeved denim shirt and dark jeans, looking towards the camera. The man on the right is wearing a blue long-sleeved denim shirt over a dark patterned shirt and blue jeans, looking towards the camera. The text 'NEW DENIM DEALER IN TOWN' is overlaid in large white letters.

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AUDI 0045

Ask MH

LIFE QUESTIONS, ANSWERED

Q Can I buy a real baldness cure at my local chemist?

IF YOU SEE yourself as more Chris Hemsworth than Bruce Willis, your first port of call should be minoxidil: it has a 52 per cent success rate, according to Duke University, with little-to-no side effects. It works in two ways: widening hair follicles, which results in thicker strands, and extending the follicles' life cycle, so your thatch regrows thicker. Start using it as soon as you notice your hair thinning, says trichologist Mark Blake. Once your locks are gone they're, well, gone. If you're itching to try it, opt for the foam version - it's lower in alcohol, which will reduce any actual itching.

If you're further gone, Propecia is the other bigwig. It has an 80 per cent success rate at preventing further hair loss, although you will need a prescription for it. "Propecia encourages growth by blocking the enzyme that causes accumulation of hair-thinning hormone DHT around the follicle," says GP Dr Helen Webberley. It's worth considering the side effects, though. Propecia can lower your sex drive and fertility, and has even been linked to male breast cancer. Check in with your GP before making a beeline to the chemist.

HOW TO SHAVE YOUR HEAD

If it's time to take off those last few Homer-like sprigs, these DIY tips will save on trips to the barber

IF YOU HAVE STUBBLE

"Finish shaving roughly mid-ear," says barber Tom Bell. "If you want to get that little bit closer on top, shave across the grain, which caps off the remaining hairs and minimises irritation."

IF YOU HAVE A BEARD

"Finish at the top of your ear," says Bell. "Your ears are most likely uneven, so if you're right-handed, shave to the top of your left ear first. Place your left index finger as a guide on the right for an even result."

IF YOU HAVE A BUMPY SKULL

"Shave with the grain. This will reduce pull or drag," says Bell. "And pulling the scalp taut will help reach those indented areas." If you do happen to cut yourself, rub in a bit of Vaseline - it won't sting and will stop bigger cuts from forming scabs. ➤

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quattro

Q How can I start a body-weight regimen without looking like a rank amateur?

There's a split-second during most calisthenics holds when it could go either way - the picture of poise, or looking as if UFC gun Chris Weidman has dumped you on the canvas. The key to ruling the bar is to begin far from it. Aside from your core, the most important things to develop are your co-ordination and the ability to activate multiple muscles simultaneously. Begin with band-assisted pulls, inverted rows and push-ups on your knees, then graduate to chin-ups and push-ups. "These will help you maintain form and strengthen your core, which will help keep your body rigid," says calisthenics coach Bernie Gomm. Remember: if you're starting from the bottom, the only way is muscle-up.

PULLING POWER

Save face by making sure you can complete these reps before taking on any bar moves



17 CHIN-UPS = A ONE-ARM CHIN-UP

Start on your max chin-up rep count and drop a rep per set (5, 4, 3, 2, 1). To double your score, add one rep to your lowest set each day.



90-SECOND PLANK = A MUSCLE-UP

Your core is key in muscle-ups. On your first try, use a false grip by bending your wrists over the bar, so your palms are facing the ground.



10 DEAD CHIN-UPS + HANGING LEG RAISES = A FRONT LEVER

Ease in by trying a tuck lever first. Roll your hips back until your torso is parallel to the ground.



Q I always seem to get struck down with the flu while my girl gets off scot-free. What's the go?

Despite its rep as the he-man hormone, testosterone can leave guys with limp infection protection. Consider a typical sickness scenario: bug invades body, immune system responds by commanding the release of antibodies. That's how it works in women. In men, however, Stanford researchers found that high testosterone levels can intercept that command, crippling the counterattack.

There's also a genetic angle to the gender difference. Lots of genes that affect our immune response to viruses are encoded on the X chromosome. Because women contain two copies of the

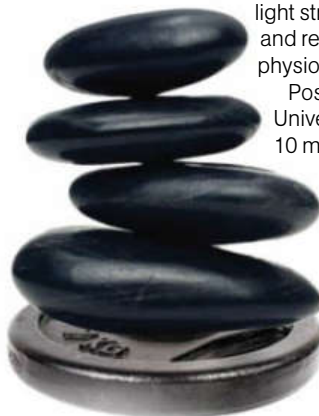
X chromosome, researchers theorise that they may have more copies of immune system genes than men do, says Dr Sabra Klein, an associate professor of microbiology and immunology at Johns Hopkins Bloomberg School of Public Health. So, what's your move when you feel a virus brewing? Well, you can't do anything about your T or your DNA, but you can take a break from working out. Intense resistance work at the gym can increase testosterone levels as well as the production of inflammatory cells, which may further suppress your immune system.

Q Is it better to have a massage before or after exercise to feel the benefit?

It can be either, depending on what you want to get out of it. A pre-session rub-down that focuses on endorphin production should last no longer than 30 minutes and focus on

light stretching. "It'll increase flexibility and reduce your risk of injury," says physiotherapist Matt Todman.

Post-workout, McMaster University researchers found that 10 minutes of Swedish massage reduced exercise-induced inflammation as effectively as ibuprofen. Grit your teeth and ask your therapist to go deep, to aid lymphatic drainage, curb swelling and boost recovery. Thumbs up - and in. ➤



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Dads will actually
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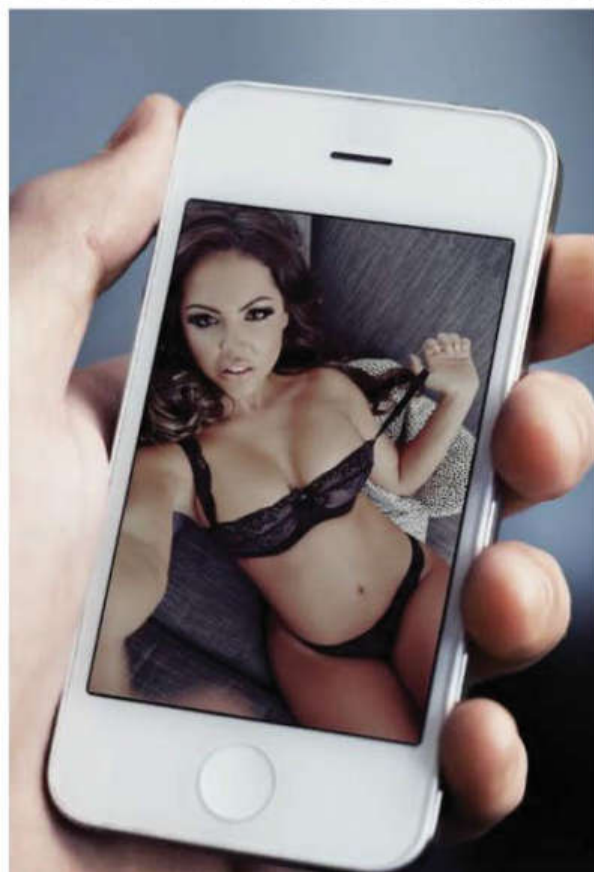
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Ask The Girl Next Door

SEX, DATING, LOVE AND NAKED SELFIES.
ALICE TRELOAR WILL NOW TAKE YOUR QUESTIONS



Q I saw a nude selfie on my girlfriend's phone. Is there a problem here? *CP*

HOLD UP, why were you snooping on your missus's mobile? C'mon man, you're better than that. Now, on to the full-frontal discovery. Chances are she stripped down with the intent of sending it your way, but lost her naked nerve. Maybe she's interested in modelling for a nude art class and this was her submission. Or, she's getting a skin cancer check via remote services. A modest, artistic, sun-smart lady? You've found yourself a catch, mister. If you can't shake the concerns, bring it up - but be prepared to justify your sneaky hard-drive hacking.

Q I'm not the most inventive guy in the bedroom. Is there anything wrong with the good old missionary position? *BS*

No sir. Missionary can be great for us, especially if we've OD'd on nachos again or when fatigue has set in. Sometimes it's nice to be able to lie back and think of England. But avoid becoming a lazy lay. Even a signature reverse-spincycle-upside-down-pretzel manoeuvre would become stale if that was your only playbook entry. If you want an easy upgrade, mix up the location of your bump and grind. Missionary in a tent or on the dining-room table, say, is instantly 24 per cent hotter.

Q I'm a shit dancer. Really shit. What moves do women want to see on a wedding DF? *CG*

If you rock out with confidence, there's a sure chance a lady will shimmy up next to you. Whether Gangnam Style is your go-to, or you prefer to dabble in The Dougie, own it. A half-hearted worm simply doesn't cut it. If you're still unsure, let her lead. If she's thumbs up, Elaine Benes-style, follow suit. One word of warning: with enthusiasm comes sweat. If your nipples start showing through your shirt, take a quick breather and two-step back to the d-floor once the deodorant has taken hold and your pores have closed.

Q I'm dating a much younger woman. How do I navigate the age gap? *DW*

How old are we talking? Doing time for under-age misdemeanors is to be avoided at all costs. Secondly, brace yourself for a grilling from Daddy. Chances are he'll be less than impressed his little girl is dating someone from his school alumni. Then there's the superficial stuff, like differing public transport fares. But if you're serious about her, make sure she has the same intentions. You don't want to discover she was only ever after a fling before backpacking around Bhutan.

Q I drive a Hyundai Getz and I'm single. Should I take out a loan and get something a bit more impressive? *BM*

I'm going to let you in on a secret, BM. Not every fella cruising the streets in a six-figure car is safe from a solo status. In fact, their fully sick subwoofers and chrome-plated hubcaps may well be the reason for their lonely fate. Focus on things that don't require a generous salary - like being a kind person and taking an interest in what's happening in the world. Those two things alone will boost your appeal, irrespective of the ride you're rocking. Now go Getz 'em, tiger.



Say This for Better Sex
Dirty talk is easier than you think. Just let Emily Morse, author of *Hot Sex*, feed you a few lines.

"THAT FEELS AMAZING"

It's positive reinforcement. "She wants to hear she's good in bed just as much as you do," says Morse.



"I WANT TO DO WHAT YOU LIKE"

"Women tend to be focused on pleasing their partner," says Morse. "So it's a major turn-on when a guy prioritises a woman's pleasure."



"I LOVE WATCHING YOU GET OFF"

If she knows her O-face turns you on, she'll feel less self-conscious, says Morse. Then she'll feel free to totally let go.

Got a question for Ask Men's Health or The Girl Next Door? Email menshealth@pacificmags.com.au or head to yahoo7.com.au/menshealth

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SOURCE: SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS

ENGAGE LIGHT SPEED

Want to put some electricity in your legs? Think quick and you'll move fast.

A study published in the *Journal of Strength and Conditioning Research* found that when you imagine yourself performing specific resistance exercises, your body releases extra growth hormone, increasing electrical stimulation in your nerves and boosting muscle activation by as much as 18 per cent. So imagine yourself exploding through the final rep of a squat at the pivotal moment and your muscle fibres will fire up in kind. Not only that, but the hormone boost will power you on, reducing pain and fatigue.

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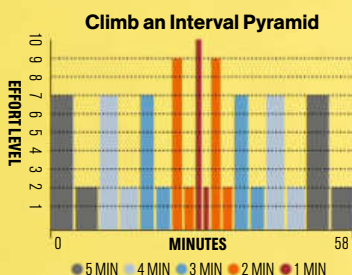
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COMPENDIUM OF
PHYSICAL ACTIVITIES

1

FORGE FITNESS

Build lung capacity with high-intensity kettlebell swings: 30 seconds on, 30 seconds off for four minutes, three days a week.

► On the trail, try interval pyramids: warm up, then go five minutes at effort level seven, with five minutes' recovery (level two); repeat for four minutes, then three. Now do two minutes at nearly max effort (level nine) with two minutes' recovery; then one at max (10). Now descend the pyramid as shown in the graph.



2

GRIP GENTLY

In the UK study, riders whose grip remained strong the longest tended to finish fastest. "Good riders switch between a relaxed and a tight grip," says Wilson.

► Do more kettlebell swings. "The way you grip the 'bell mimics the tight-then-relaxed grip you use on the handlebar," says Wilson. Do 10 swings; rest for 20 seconds. Do this 5-10 times, three days a week.

3

DON'T GO PRO

To build confidence, stick with flat pedals. Most new riders want to graduate from flat peddles to cleats too soon, Wilson says. "But then they're afraid to take risks because they're locked in."

► Use flat pedals on tricky trails to give yourself a safety net. "An Olympic hopeful I train says flat pedals help his mojo and riding," says Wilson.

4

GET SIDEWAYS

Skill comes from being able to hold your body in the correct positions while riding. "And you need mobility to do that," Wilson says. His favourite drill is the windmill stretch.

► Grab a broom and hold it behind your neck with both hands. Push your bum back and move your right foot forward. Now bend forward and touch your right elbow to the right side of your right knee. Hold for five deep breaths; repeat on your left side. Do this stretch once a day.

CRANK MORE, CRASH LESS


You might think fearlessness is the key to bombing downhill with ease. But a UK study in the *International Journal of Sports Physiology and Performance* has found mountain-biking performance depends on a combination of self-confidence and skill, as well as hand-grip endurance and aerobic capacity. James Wilson, one of the world's top mountain-biking trainers, explains how you can develop those attributes and tackle any trail.



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PIERCING PAIN

Genital piercing on your agenda, stud? Think long and hard. Research from the *Journal of Sexual Medicine* has found 50 per cent of people with such piercings report problems during sex, either for themselves or their partner. The most common piercing for men is a "Prince Albert" (google it), while most women opt for a vertical clitoral hood piercing (again, Google's your chum here). Both left recipients open to the possibility of tearing, bleeding, swelling and infection. Yep, genital jewellery comes at a price.

77%

The increased likelihood of having sex at least once a week for men with vasectomies compared with men who hadn't been snipped.

SOURCE: JOURNAL OF SEXUAL MEDICINE



MADE TO MEASURE

Good things come in average-size packages (phew). That's the take-home from a recent survey of over 500 people (60 per cent women) published in the *Journal of Sexual Medicine*. The survey found one-third of participants preferred an average-size penis and a scrotum that doesn't hang below the head of the flaccid shaft. Interestingly, younger people preferred a larger scrotal sac. (That's Generation Entitled for you!)

PULSE
SEX

JOIN THE BIG LEAGUES

Think the stunner in accounts is unobtainable? Play the long game and you're in with a shot. A joint study on attraction conducted by the University of Texas at Austin and Northwestern University found the longer you know someone, the more chance you have with them, even if they're more attractive than you. "If you happen to be shooting for someone 'out of your league', you may be more likely to succeed if you get to know the person for a while rather than going for it immediately," says lead author Lucy Hunt.



APIX SYNDICATION / JOEY WRIGHT



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YOU BOOZE, YOU DON'T LOSE

Those beer goggles you strap on don't just transform fives into tens. Turns out they're also bad news for your belly. Research from Indiana University School of Medicine has found alcohol can trick your brain into eating more. "Alcohol exposure can both increase the brain's sensitivity to external food cues, like aromas, and result in greater food consumption," says study author Dr William Eiler. Eating a well-balanced meal before you start boozing will help counteract these brain changes but won't, alas, make you a more discerning dater.

WEIGHT LOSS



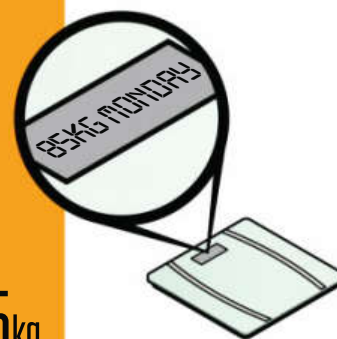
COOK AND CUT

Nothing beats a home-cooked meal – at least when it comes to weight loss. Backing up research from earlier this year, a study published in the *European Journal of Clinical Nutrition* has shown people who dine at home consume around 835 kilojoules a day less than those who favour restaurants and fast-food outlets. Surprisingly, though, the study found those who dine out take in more nutrients such as omega 3 fatty acids and potassium. Conversely, they also consume more sodium and cholesterol.

2.8%

The rise in body fat that correlates to each wakeful hour lost from average sleep duration.

SOURCE: UNIVERSITY OF BRISTOL



3.5kg

AVERAGE WEIGHT LOSS OF PEOPLE ON VEGAN OR VEGETARIAN DIETS OVER FOUR WEEKS COMPARED WITH THOSE ON REGULAR EATING PLANS.

SOURCE: JOURNAL OF THE ACADEMY OF NUTRITION AND DIETETICS

WEIGH TO GO

Tip the scales in your favour: a study published in the *Journal of Obesity* found that weighing yourself daily and tracking the results was an effective tactic for losing weight and keeping it off. Subjects who lost weight in the first year of the program were able to maintain that lost weight thanks to a daily weigh-in.

PHOTOGRAPHY: EDWARD URRUTIA

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**LONG STANDING PROBLEMS**

You might want to sit down for this. A study published in the journal *Human Factors* has found long periods of standing in the workplace cause fatigue, leg cramps and backaches that can develop into more serious health problems. Of course, sitting for long periods has been compared to smoking in terms of negative health consequences, such as obesity and type 2 diabetes. The solution? Break up long bouts of standing with some chair time and vice versa. Or you can always crouch, tiger.

**CHEAT THE REAPER**

Like the sound of cheat day, every other day? This could be the diet for you. A study published in the journal *Rejuvenation Research* saw participants undertake an intermittent fasting diet over 10 weeks, alternating one day of eating 25 per cent of their daily kilojoule intake with a day of eating 175 per cent, including treats such as bagels with cream cheese, spaghetti, Snickers bars and vanilla ice cream.

The results? The boom-bust diet led to improvements in weight, blood pressure and SIRT3, a gene that promotes longevity.

**BECOME
A TREE
HUGGER**

Life really is better in leafy suburbs. A study in *Scientific Reports* has found people who live in areas with 10 or more trees per block have better health and fewer cardio-metabolic conditions than those in areas with less trees. The researchers estimate living in a green neighborhood has as strong an effect on your health as a higher income or being younger.



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GENUINE
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A man with light brown hair and a light beard is sitting on a wooden crate. He is wearing a navy blue two-piece suit, a light blue dress shirt, and a striped tie. He is holding a black briefcase with both hands. The background is a light-colored wall with a large window on the left. The floor is made of dark wood.

VAN HEUSEN

JOB INTERVIEW

Fast-track your route to the corner office

First impressions count, so take full advantage. A well-cut navy suit that fits you just right looks sharp without being too flashy. Opt for a classic shirt/tie combo – a job interview is one occasion when it's better to blend in than stand out. At the same time, nail the little touches with a pocket square and tie-bar to demonstrate your knowing eye for detail.

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NINE-TO-FIVE

Dress for the job you want, not the job you have

Today's high-flyer needs style as well as substance. A dove-grey suit offers more summery flair than black or charcoal and provides a solid bedrock to absorb whatever combination of shirt and tie you choose. Use your accessories to subtly up the ante – select a pocket square that chimes with a colour from your shirt or tie.

All items except shoes from Van Heusen.

- Two-Piece Suit, \$549
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- Shoes, \$269;
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VAN HEUSEN

10/15

PERSONAL BEST





Faith, family and furiously fast: three things that define Hamilton.

DRIVING AMBITION

Speed king Lewis Hamilton is on track to win back-to-back F1 championships. Here's how he tunes his mind, body and soul for maximum velocity

[BY DAVID CLERIHUE PHOTOGRAPHY BY PAUL WILSON]

"I really hope these photos are good," says a shirtless, solemn-faced Lewis Hamilton. He pauses. The room pauses with him. He grins just a little. "I'm single and I need some new ones for Tinder."

Lewis Hamilton arrives at a London hotel after flying in from Spain to reportedly salvage his relationship with Nicole Scherzinger.

These are the words *Daily Mail Online* ran on the morning of the reigning Formula 1 World Champion's self-deprecating crack.

They are untrue. He has flown in to do something more surprising: to be photographed, sans T-shirt, for a *Men's Health* photoshoot. It's common knowledge that Formula 1 drivers are in possession of hands, necks and heads, because we see them poking out of race suits in press conferences and tailored suits at awards ceremonies. The rest of their bodies stay hidden behind shapeless, loose-fitting overalls. Legendary driver James Hunt, in his late-Seventies pomp, was not averse to having his photo taken bare-chested. But they were different times. Today's champion drivers are more serious, more health-conscious, more clothed.

HIS CROSS TO BARE

After the shoot, Hamilton sits down over his lunch – chicken breast, tomato salsa, vegetables, glass of water – and *Men's Health's* tape recorder. "Well, that was definitely a new experience," he says, knife and fork ready to go. (At no point does Hamilton speak with his mouth full. He has impeccable

table manners.) "I'll be interested to see how it will come out. I'm really conscious of making sure it looks right. Sorry, one second..." He downs cutlery, bows his head and says grace silently, crossing himself once at the beginning and once at the end. He continues, "... Yes, it's one thing to pose for shots, another to pose for them half-naked."

By taking his shirt off, he reveals far more about himself than how well his training's been going. "I love my ink," Hamilton says. "They all have a meaning. I'm very strong in my faith, so I wanted to have some religious images. I've got Pietà, a Michelangelo sculpture of Mary holding Jesus after he came off the cross, on my shoulder. A sacred heart on my arm. Musical notes, because I love music. The compass on my chest is there because church is my compass." He continues, moving his hand over his arms, chest, back and shoulders: "Family is everything for me, so I have 'family' written on the top, across my shoulders. 'Faith', obviously. And I have 'powerful beyond measure' written on my chest – it's a short bit I took out of a quote, from the writer Marianne Williamson. On my back I have the cross and angel wings: rise above it, no matter what life throws at you."

His candour might seem surprising, but Hamilton has thrived on defying expectations. The mixed-race kid from Stevenage, in southern England, with a fifth-hand go-kart who went on to win motor racing's biggest prize. Twice (and counting). A man of great faith who is immersed in sport's most scientific, leave-nothing-to-chance environment. »»

THE WINNING FORMULA

"The way I look at it," he says of his faith, "Formula 1 is dangerous. People have died in this sport." He's thinking of Frenchman Jules Bianchi, who died in July after crashing at the Japanese Grand Prix nine months earlier. "So I stay strong with my faith. I've come from nowhere. I feel really blessed to be here. I think there's a reason I'm here."

Worth more than \$140 million, Hamilton is also the UK's richest active sports star, with analysts predicting he could go on to be the highest-earning British sportsman ever, leaving current rich-list rivals such as Gareth Bale, Rory McIlroy and Andy Murray nowhere, and making even David Beckham's millions look modest.

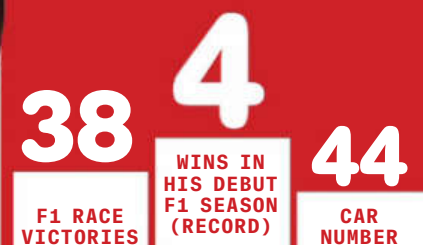
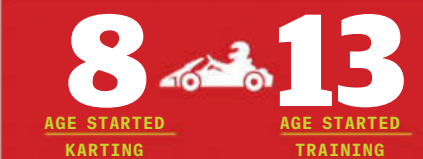
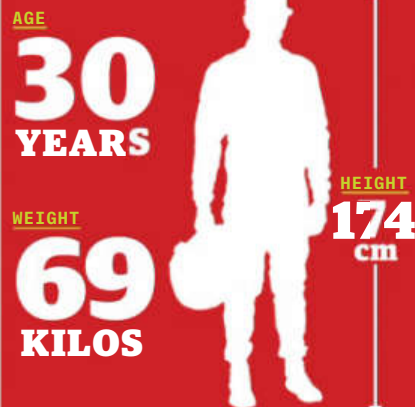
His recent Formula 1 record, like that of all other current drivers, takes a back seat to Sebastian Vettel's four championships in a row for Red Bull from 2010 to 2013, but Hamilton's world championship victory last season brought him back into the spotlight, and at time of writing he's out front in 2015. He's now fifth on the all-time list of Grand Prix wins, with 38 victories; if 2015 pans out for him like 2014 did, he could go to third all time, behind only Alain Prost and Michael Schumacher. He has taken pole position in a quarter of his Formula 1 races – only five other drivers can beat that; he's the only Formula 1 driver to have won a race in each of his first nine seasons; and was the first person to stand on the podium in the first nine races of his rookie season. His list of accolades and achievements is longer than his heavily tattooed arm.

In January came another milestone: turning 30. "I didn't feel great coming up to it, especially the hours before, thinking, 'These are the last moments in my twenties'. Since I've turned, I don't feel any bloody different. Don't feel any older at all." Part of that will be the fact that he is

as fit, if not fitter, than he was a decade ago. "Well, I'm an athlete, but people tend not to see that with F1 drivers. I train to quite an intense level because Formula 1 is so physical – the g-forces, the demands on your body. Your heart rate is 150, 160 through the whole race. On a qualifying lap your heart rate can be up to 180, 190, under tough conditions. Every year you've got to be as light as you can. There's a certain weight limit, depending on how heavy the car can be. Last year I had to lose six kilos. I went from 73kg to 67kg. It was hardcore; I didn't have much to lose as it was."

Working out has other benefits, especially when you live your life in the public eye. "Going for a really long run, a bike ride or cross-country skiing helps me get away from all the noise. I tell myself, 'The pain you're feeling, just enjoy it because it's going to help you across that finish line first'. If you're having a crap day, go for a run. It makes a big difference." »

HAMILTON BY NUMBERS



I'M AN ATHLETE, BUT PEOPLE TEND NOT TO SEE THAT WITH FORMULA 1



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A PAIN IN THE NECK

The morning after a race, Formula 1 drivers are most sore in the neck. Every time the drivers brake and turn into a corner, they experience g-forces between 3.5g and 6g. That's greater than astronauts faced during a space shuttle re-entry. In his younger days Hamilton wore his helmet as often as he could – once even affixing a 10kg weight on the top while wearing it – building up his neck muscles, and attracting quizzical glances from passers-by in the process. These days, instead, he says, “you can add 10kg to the top of the helmet, which makes it about 13kg, then lie down on the edge of a weight bench and lift with your neck in all different directions. But even then, when you drive the car for one day, your neck is sore like you’ve never done a workout with it.”

All this talking means that Hamilton's lunch is going cold. “It's fine. I don't really eat much anyway,” he says. Honestly? “Sometimes you have a day when you can't be bothered with the regimen. You just want to stay on the couch, watch TV and eat junk. Those days are rare, though.” He says he has given up soft drinks because he feels “so much fresher. Little differences like that count for something.”

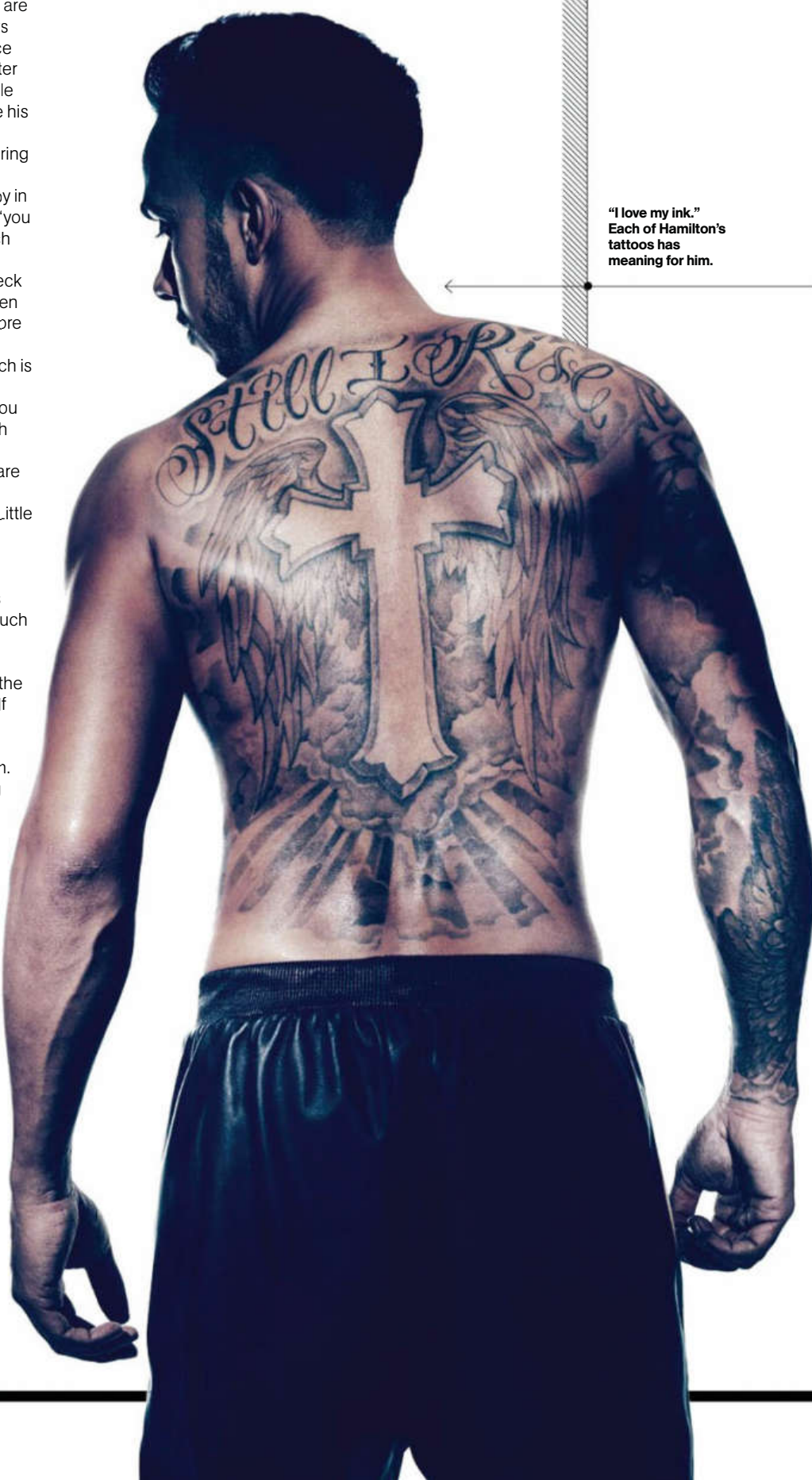
CHANGING GEARS

Formula 1 is not necessarily a young man's game and Hamilton, having achieved so much in his twenties, is already one of his sport's all-time greats. But with all the training and advances in car safety, leading the pack in the 2015 season, his ninth, does he see himself doing nine more?

“I don't think so. There are so many great things about racing, but it's a long year, man. You start training in December, start testing end of January and through all of February, then you go to the season. In the season, you're gone for a month-and-a-half, then you come back for a few days and you're gone again. You're constantly travelling. Formula 1 doesn't stop. When the season ends, the next day I'm in the factory doing the seat fit for next year's car with the engineers. I don't know if I'll do another nine years of that.”

He talks passionately about music, not as his next career move, but as a sideline that helps him relax. He's written 80 songs, in several genres, and works on them when he can, even booking studio time for Sunday nights after races, when other drivers might be out celebrating or recovering. “You know people don't like hearing the sound of their own voice on video footage? Well I'm very, very much the same when it comes to my music. When you hear Adele or Beyoncé, you want to cry. They are in the Premier League. I... I plan to be... in a decent league.” But first things first. There's an F1 championship up for grabs. “And I want to win.” ■

“I love my ink.”
Each of Hamilton's
tattoos has
meaning for him.





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- » Instant absorption for fast recovery



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WATCH YOUR MOUTH

Is toothpaste marketing a load of hogwash? *MH* helps you brush up on the science

We'd wager your last tube of toothpaste was selected for its packaging and price rather than contents. Words such as "max whitening", "enamel protection" and "extreme clean" blare from the box, but what chemicals are used to deliver on these promises? With so many brands competing for your cash – some using chemicals with unproven benefits – *MH* looks beyond the marketing spiel to find out if you're being rinsed at the checkout.

1

BE A SENSITIVE KINDA GUY

Unless you have sensitive teeth, the only ingredient you need is fluoride. According to the British Dental Health Foundation, your toothpaste should have between 1350 and 1500 parts per million to shield enamel against plaque and acid. If sensitivity is the issue, the desensitising agent strontium chloride will help, blocking pain like a mini Pacquiao. You want to smile, not grimace.

2

THE WHITE CHOICE

Whitening brands talk a good game. In reality, the *British Dental Journal* reports, most pastes fall short on chemical stain removal. At most they lift surface stains, but they can't change the base colour – you need heavy artillery and the dentist for that. Head to the kitchen instead, rinsing your mouth with bicarbonate of soda post-coffee helps to temper discolouration.

3

CLEAN BILL OF HEALTH

Toothpaste foams because of the sodium lauryl sulphate (SLS) in most varieties. This works like soapsuds to wash off meal-time debris. But it's also been linked to mouth ulcers for those who suffer from sensitive gums. If this sounds familiar, opt for an SLS-free version to keep your kisser in peak condition for more palatable activities.

4

FIND FRESH EVIDENCE

Breathing fire? You might have tried an anti-odour paste containing antibacterial triclosan. But the jury's still out on it; in one study it led to a 22 per cent reduction in gingivitis, "but evidence for it being beneficial in gum disease is unclear", says dentist Professor Ian Needleman. The bad-breath smell can often be bacteria on your tongue – give it a scrub.

5

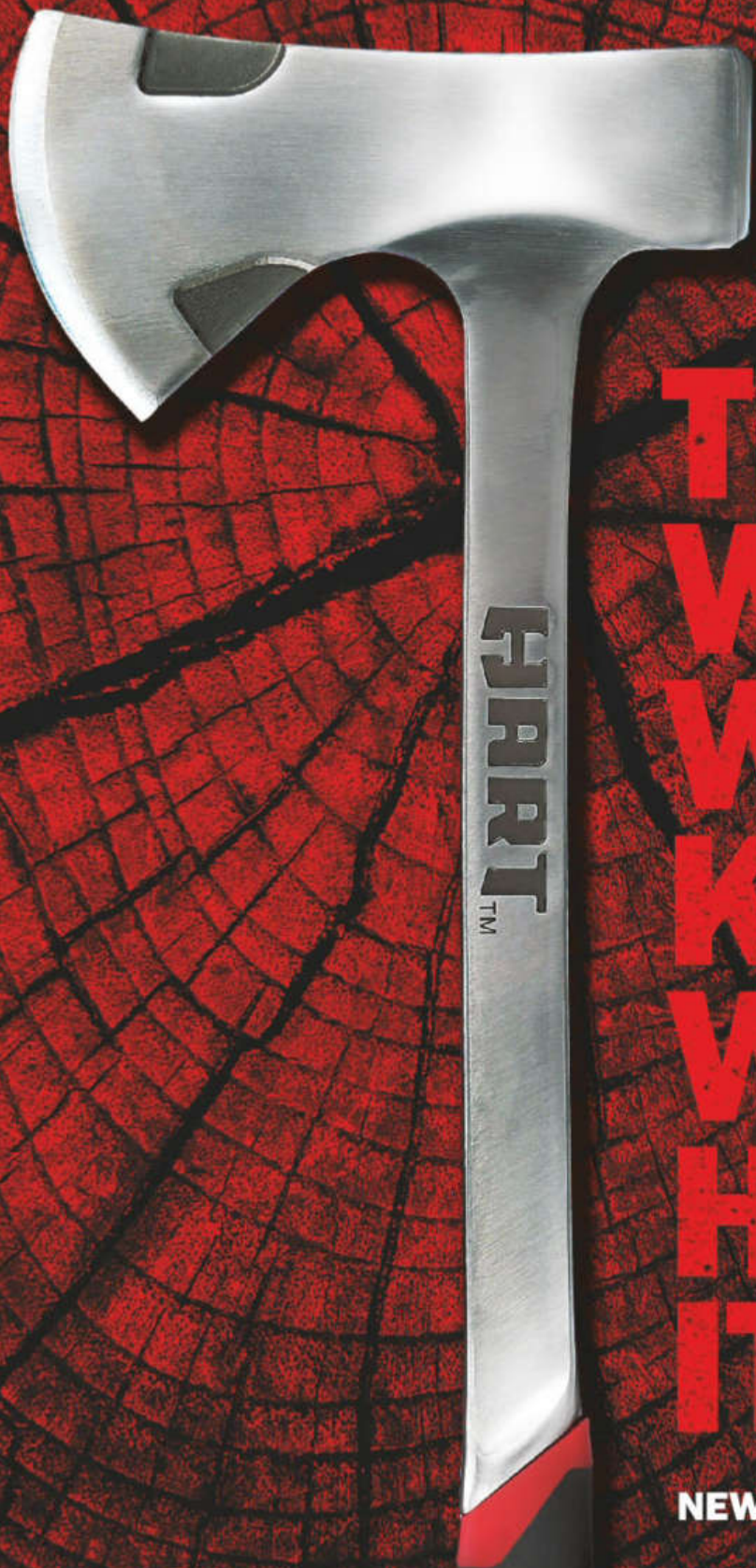
LOST IN THE WASH

That gritty quality in pastes is courtesy of hydrated silica, an abrasive used to combat tartar. Beware brands that promise to eliminate tough stains as they often contain belt-sander-strength grit that can harm enamel. A final word: spit, don't rinse. If you wash off the fluoride, many of its benefits can be lost. The drop in your dental bills will give you something to smile about.



*A FINAL WORD:
SPIT, DON'T RINSE.
IF YOU WASH OFF
FLUORIDE, ITS
BENEFITS CAN
BE LOST*





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Higher Fidelity

If that lovin' feeling has been faltering of late, take a peek at these 14 ways to strengthen your bond and fan the flames of passion

01 GIVE BARE HUGS

Deploy your PDAs wisely for optimum impact. Women rate grasps highest as a way to express affection, Brigham Young University found. And get them in early: an early morning hug inoculates against stress, lowering your BP for hours after you part.

02 AVOID HANGRY TALK

If you plan to broach a tough subject on date night, for God's sake wait until after the starters have arrived. An Ohio State University study found couples are less reasonable when their blood sugar is low. Make lunch, not war.

03 GET OUT OF BED

Find a sitter for the kids/cat/your static housemate. The University of Montreal found 82 per cent of women fantasise about sex in an unconventional location, making finding her hot spot crucial. Plus that adrenaline rush lingers as an aphrodisiac for weeks afterward.

04 NEVER GUESS

Before you blow half a month's wages on that Valentino clutch she's got her eye on, know that gratitude doesn't increase with outlay. Instead, buying an "experience", such as gig tickets, is proven to impress. Material surprises can be surprisingly poorly received.

05 TAKE TWENTY

This is how many minutes it takes for biological stress markers to stabilise after conflict. Set your mental timer and excuse yourself. Returning home with the caution of a bomb-disposal expert is no longer required.

06 TUNE IT OUT

Throw some (Johnny) Cash at her while discussing your spending habits. Emotional music bumps up her "bonding hormone" oxytocin by 20 per cent. A study in *Physiological Science* found this heightens trust between partners when making financial decisions, reducing the odds of dispute.

07 SCARE HER

No, not by leaping out from behind a door. Take her jet-skiing or indoor rock climbing. A shared, sweaty-palmed cortisol surge mimics the early stages of sexual attraction, making couples feel closer, according to Claremont Graduate University.

08 LET HER LIE

Women are more affected by missed sleep than you, found the UK's Sleep Council – one bad night can make them irritable for hours. A tyrosine-rich diet can reduce the effect, so ensure salmon and eggs are on the breakfast menu.

09 DISH UP DIRT

Unsure when to file a filthy request? Keep pre-coital chat clean and save X-rated ideas until after the act. A study in *Communication Monographs* found that orgasms dramatically increase openness, making a positive response considerably more likely.

10 GET EMOJINAL

Similar writing styles are a key predictor of long-term compatibility. Whether her grammatically correct texts would impress an English professor or her emails are omg!! enthusiastic, respond in kind for a better reply.

11 JUST. GO. AWAY

It's true what they say about absence, though the benefits extend well beyond the heart. Couples who spend a night apart every month have twice as much sex as those who don't, reports a survey by Blue Rainbow Aparthotels. Girls' weekend? What's good for the goose...

SWEAT TOGETHER, STAY TOGETHER

COUPLES' WORKOUTS THAT ENSURE YOU GO THE DISTANCE



Why Not Tri It?

Your odds of sticking to a fitness plan when training *à deux* are 90 per cent. A shared goal can take you further.



Make A Racquet

A sporting victory will give her a 20 per cent spike in testosterone, which lifts libido. Trust us, you'll both win this round.



Put On Weights

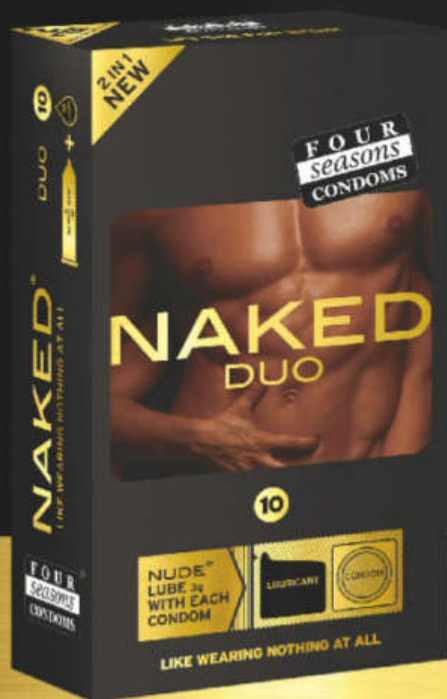
Strength training for just 12 weeks boosts women's body image, and therefore sexual satisfaction. Pick it up.





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THE BEST OF THE WURST

October in Germany means two things: beer and bratwurst. Here's your guide to dining like a kaiser

01

Make the right links

Let's keep this simple – the best brats require just three ingredients: meat, fat and spices. "Look for natural casings," says Nicolaus Balla, chef at German-influenced Bar Tartine. Casings made of animal by-products digest more easily and give sausages a satisfying "snap". "Choose lightly smoked meat for more flavour and fewer chemicals," says Balla.

02

Beat cancer with beer

Yes, there's science to back up this statement. Marinating your wurst in ale can protect against up to 90 per cent of the carcinogens that form when you drop the meat on a hot griddle pan or barbecue, says the *Journal of Agricultural and Food Chemistry* (true German efficiency). Let the wurst develop a nice char and serve it in a crisp baguette.

03

Slap on some 'kraut

Pile up your bread with as much sauerkraut as it can carry. The in-vogue German side is one of your healthiest choices. The fermentation process gives the cabbage more good bacteria than live yoghurt, improving the quality of your gut flora and supporting fat loss. Buy brands in industrial-looking glass jars to avoid nasty additives.

04

Layer the flavour

As the bratwursts finish cooking, fry some onions in the pan until nicely crisped. Not only will they perfectly complement the texture of the sausage and heat of the mustard, onions also provide allicin, which helps you digest the starchy carbs in the bun and makes the sausage's protein easier for your muscles to devour.

THE CONDIMENT STEP AWAY FROM THE TOMATO SAUCE.

Masterfoods Hot English Mustard contains fewer kilojoules and less fat than anything else you're likely to spread on your wurst. (\$3.07/175g; coles.com.au)



THE ALTERNATIVES

BUY THEM IN, THEN PORK OUT

The Germans know how to curate a proper sausage fest. Take your cue from them and switch up your wursts to (just) cover your nutritional bases



■ Bratwurst

The most widely appreciated of any German sausage, its predominant flavours are cream, egg and nutmeg. Where our Deutschländer cousins would eat it with a pile of mayo-laden potato salad, we say serve it with a few roasted sweet potato chips. Adding a fiery chilli sauce will make it taste like a dirty cheat meal, with next-to-no negatives.



■ Weisswurst

This Bavarian poached wurst is made from veal and smoked pork belly, and seasoned with herbs and lemon. While it might not sound like the lightest option, the lemon slows the conversion of starch to sugar, lessening the effect its crusty roll companion has on your waist. Just don't eat it with mounds of pretzels as the Germans do...



■ Bockwurst

With its low fat content, this simmered sausage is one of the more virtuous German links. The meat tends to be heavily seasoned with pepper and paprika, which work together to improve the quality of your digestive tract while spiking metabolism. Bottle of accompanying bock beer advised.



■ Knockwurst

If you don't like the taste of garlic - or your partner has a sensitive nose - steer clear. Although it has a pork and veal base, all you really pick up is an earthy garlic taste, which makes knockwurst ideal for chopping up into vegetable-heavy stews and casseroles. Not one to add to Sunday's breakfast along with your beans and eggs.



■ Currywurst

This is the most popular wurst in the whole of Germany. Generally served with a plate of chips and covered in tomato sauce, it doesn't have a whole load of redeemable health features. But sprinkle it with a fat-burning curry powder, then break from tradition by ditching chips for sweet potato mash and you can justify the indulgence. *Guten appetit.*

THE BEVERAGE

CHARGE YOUR STEIN

It wouldn't be Oktoberfest without men washing down wursts with a litre of beer. Restaurant manager Tomas Minkley gives you the top bottles for your bangers



STELLA ARTOIS

A Belgian lager that complements salty dishes, this'll cleanse your palate without washing away the flavours. Slightly bitter with a sweeter aftertaste, Stella is your pick to accompany currywurst. (\$4; danmurphys.com.au)



LEFFE BLONDE

Gold in colour with a delicate aroma of smoked bacon, this goes hand in hand with anything savoury - the perfect choice for washing down pretzels or something meatier. (\$6; danmurphys.com.au)



CAMDEN GENTLEMAN'S WIT

A classic Belgian white brew spiked with lemon and bergamot. The type of noble hops used has an anti-inflammatory effect on the gut, meaning (slightly) less of a hangover tomorrow. (\$4; beercartel.com.au)

CUCUMBER PROVIDES B VITAMINS AND THE ELECTROLYTE MINERAL POTASSIUM, TO EASE YOUR WEISSBIER HANGOVER



BE FUSSY ABOUT YOUR BRAT'S PARTNER.

THE SIDE ORDER

AND IF YOU'RE SICK OF CHIPS...

Superior sausages require well-designed sides. These will complement the smoky meat while cutting through fat, too

■ Cucumber salad

Mix two sliced cucumbers with two tablespoons of red-wine vinegar, two teaspoons of chopped dill, a big splash of olive oil, and salt and pepper.

■ Asian-style zucchini

Slice two zucchinis with a veg peeler. Toss one tablespoon each of olive oil, sesame oil, soy sauce, fish sauce, lime, plus salt and pepper. Just don't tell the Germans you're swerving their chips.

01/ Cobra Fly Z+ (\$499)**BEST FOR** THE INCONSISTENT STRIKER

Golf can be agony – this club is the salve. A supersized sweet spot compensates for off-centre hits, allowing you to split the fairway more often than you would with ol' faithful.

Despite a feather-light shaft, the club still feels solid at impact – reassuring when cranking one out.

02/ TaylorMade R15 (\$379)**BEST FOR** THE WAYWARD HITTER

Two moveable weights make this your best friend if you keep making the same (f*#^ing) mistake. Slide them to the right to lessen slices, to the left to straighten hooks, or keep both centered for extra length. All of which *should* prevent you from hurling it into the lake.

Swing Theory

Going long and straight off the tee is golf's biggest rush. Take your pick of the newest and most evolved drivers – and blast your way to a happy place

03/ Ping G30 (\$539)**BEST FOR** MR GRIP-IT-AND-RIP-IT

This big dog is wielded by the PGA Tour's mightiest hitter, Bubba Watson. With a gargantuan 460-cubic-centimetre club head, it's more forgiving than most when you speed up your swing and really go for it. So really go for it.

04/ Titleist D2 (\$569)**BEST FOR** THE CONTROL FREAK

World No.2 Jordan Spieth's weapon of choice, its Active Recoil Channel allows the lower half of the face to flex at impact, sending even minor mishits towards the next postcode. With 16 loft/lie combinations to choose from, just dial in your optimum settings and let the launch party begin.

05/ Callaway Big Bertha Alpha 815 (\$568)**BEST FOR** MR SAFETY-FIRST

"Smash factor" is golf talk for how well the club head transfers energy to the ball; and this has it in spades thanks to an ultra-thin face. Can be customised into a low-spinning bomber that will empower you to leave the "chicken sticks" in the bag and start enjoying golf again.

All clubs from drummondgolf.com.au

LOSE THE CHEST STRAP

Strap-free Heart Rate Monitoring



- Built-in Heart Rate Monitor
- Train in your optimal heart rate zone
- See real-time training information
- Sync, analyse and share your stats

TOMTOM
RUNNER CARDIO
GPS WATCH



TOMTOM
MULTI-SPORT CARDIO
GPS WATCH



PERFORM A FINANCIAL DETOX

Bad habits can leave finances flailing. Clean up the mess and start thriving with these wealth-boosting tips from money ace Brad Fox

01

CLEAR THE WASTE

THE PROBLEM How much moolah did you fork out at restaurants last year? What about on threads? Chances are you wouldn't have a clue, suspects Fox, CEO of Australia's Association of Financial Advisers.

THE FIX Break the trend to financial ruin by knowing exactly what you earn and then plan to spend less than that amount. "Use your bank account and credit card statements for the last year to reveal the often scary details of where your money went," advises Fox. From there, the GoodBudget app (iOS, Android; free) will help put you in control.

02

RESIST TEMPTATION

THE PROBLEM You take a scattergun approach to wealth creation, with no overriding goal.

THE FIX One definition of self-discipline is the ability to sacrifice something you want for something you want *more*. "Write down financial goals for three months, one year and five years, and back them with visualisation," says Fox: "We're blokes and great images stay in our minds." If your goal is to clear a mortgage the size of a small country's GDP, chunk it up into milestones and celebrate each one.

03 UNMIX MONEY AND MATES

THE PROBLEM Pooling resources with friends in a moneymaking venture can seem like a good idea; it's not. "What invariably happens is that the tax reporting puts you all at legal risk," says Fox. "Whether it's interest on an account, dividends from a pooled share portfolio or splitting the profits from a property investment, each individual has a different tax position."

THE FIX Extract yourself from any buddies-based dabble, ideally with the aid of a licenced financial planner. Put off by the cowboys? Favour independent advisers, who rely on referrals to stay in business, over employees of institutions, advises Fox. Check out yourbestinterests.com.au.

04

SLOW AND STEADY

THE PROBLEM You're a financial twit, with yawning gaps in your knowledge of how to get ahead.

THE FIX Pick one aspect of wealth creation and commit to learning more about it. It could be negative gearing, superannuation... or shares. "Understanding share investment made a huge difference once I got it right," says Fox. "I'd been working within a faulty timeframe of a year or two, which isn't investing – it's punting." By extending that investment period to 5-10 years, you're allowing for market fluctuations that are outside the control of even the best companies, giving you every chance of coming out on top in the end.

05

HARMONISE THE HOMEFRONT

THE PROBLEM "It's a fact that more relationships break up over money than infidelity," says Fox. "If issues aren't raised and spoken about honestly and respectfully, they fester until they burst."

THE FIX Fox has observed that financial opposites – savers and spenders – attract, creating the preconditions for conflict. "Again, an adviser acting as an arbitrator will steer you towards a consensus approach and hold you both accountable," he says.

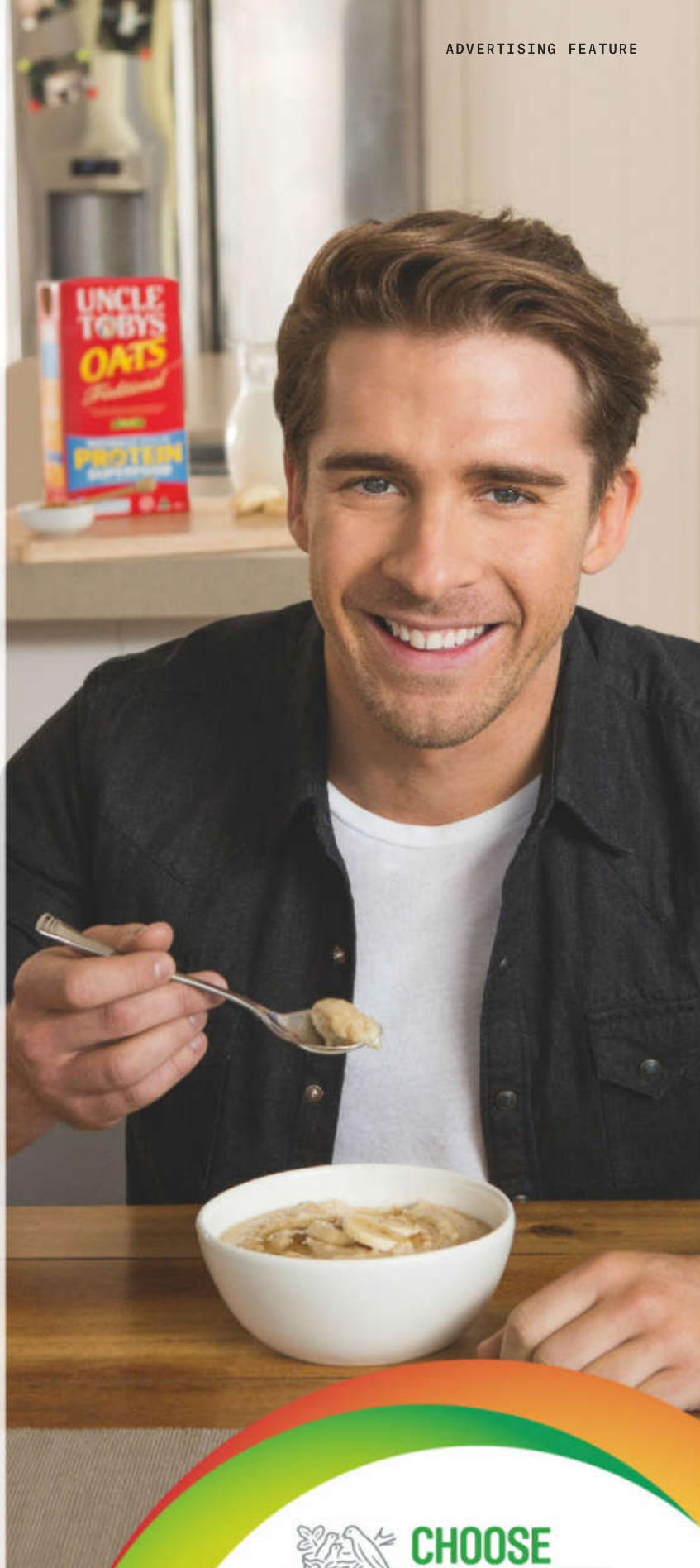
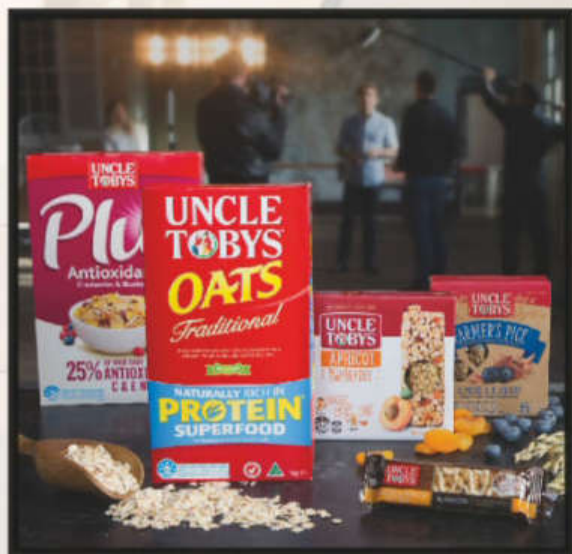


WHAT'S WELLNESS TO ME?

" Growing up, I loved to kickstart my day with a bowl of Uncle Tobys Oats and honey ... yum! Today, I still count on the great taste and wholesome wholegrains of Uncle Tobys Oats topped with fruit to get me going **"**

Hugh Sheridan, Actor

CHOOSE AUSSIE-GROWN OATS,
CHOOSE UNCLE TOBYS®



nestlechoosewellness.com.au



CHOOSE WELLNESS
Good Food, Good Life



NAME SHANNAN PONTON
AGE 41
JOB CELEBRITY TRAINER
LIVES SYDNEY
HEIGHT 180CM
WEIGHT 86KG
MOTTO HARD BUT FAIR

HUNGRY FOR MORE

With a lock on his sought-after job as trainer on TV's *TBL Families* (formerly *The Biggest Loser*), it would be understandable if Ponton took his foot off the gas a little. "The minute you think you've mastered everything in fitness, you're done," he fires back. "I always think to myself, 'I've pushed those contestants so bloody hard today. If I can't keep challenging myself then I don't deserve to be a trainer.'"

KNOWLEDGE IS POWER

Ponton works with up to five fellow trainers each week, picking their brains on the finer points of exercise technique. "I want to be good at everything and learn as much as I can," he says.

BOUNCING BACK

When he sees contestants break, Ponton can sympathise. As a former pro rugby league player and boxer, he underwent four reconstructions each to knees and shoulders, as well as a wrist rebuild. "That's life – it's tough," he says. Coming back from those setbacks meant putting ego aside. "I started out with one-kilogram weights, which is demoralising. I just had to get my mind back in the game, toughen up and practise what I preach." And these days? "Since last Christmas I've been training twice a day, every day. I'm probably fitter and stronger now than I've been for three or four years."

PREMIUM FUEL

"My philosophy is low-GI carbs only, high protein, low fat and minimal processed food." Ponton favours oats for breakfast (for extra-low-GI oats, *MH* likes Uncle Tobys Steel Cut Oats; uncletobys.com.au); an egg-white omelette with avocado in the mid-morning; fish or lean meat with vegetables and brown rice for lunch – and something similar for dinner, minus the carb-heavy rice.

THE ALL-ROUNDER

Ponton's training week includes three boxing sessions, two runs, two high-intensity circuits and four weights sessions. "When I was younger, I thought guns for summer were essential," he laughs. Older and wiser, he now trains for functional strength, which means a lot of chin-ups, dips and full-body compound movements. "I don't want to be amazing at just one thing. Instead of squatting 200 kilograms, I'd rather squat 140kg and still be able to run."

NO EXCUSES

"If you have 10 minutes, train!" Ponton urges. "If you think you can't get something done because you only have 10 minutes, then well done, champ: you just blew it!" His go-to when pressed? Burpees, box jumps, sled pushes and chins. Do each for 30 seconds with 10 seconds' rest in-between. Repeat twice.

HARD YARDS

Celebrity taskmaster Shannan Ponton is renowned for pushing the unfit to breaking point. Rest assured he wouldn't expect you to go any harder than he does

WHAT'S WELLNESS TO ME?

" For me, that healthy Aussie lifestyle started as a kid and it continues today ... hot oats for breakfast, wholesome snacks, a nourishing glass of Milo, sitting down with friends for dinner and the occasional treat. Thanks to Nestlé, everyday healthy eating is made a little bit easier **"**

Hugh Sheridan, Actor

CHOOSE WELLNESS,
CHOOSE NESTLÉ



What's Your Wellness Score? Hugh scored 91, see how you measure up at nestlechoosewellness.com.au



CHOOSE WELLNESS
Good Food, Good Life

SOLVE THE KILOJOULE EQUATION

You can count kilojoules all you want. Until you know these six key facts, they won't add up

A 1200-kilojoule doughnut is not the same as a 1200kJ chicken thigh. But you knew that, right? Of course you did. Doughnuts spike blood sugar and leave you hungry, while chicken provides a payload of muscle-building, hunger-fighting protein. Yet outside of fitness magazines and CrossFit boxes, nutrition conversations rarely go deeper than kilojoules. They're posted in fast-food restaurants and stamped on packaged foods. They're ticking away on fitness trackers and adding up in smartphone apps. They're like the Kardashians of nutrition - confusing and overrated, yet completely inescapable. And every time you see them, you're probably being fed misinformation.

Take nutrition labels: when it comes to kilojoules, those labels can be misleading. Why? Because they presume all kilojoules are the same. In fact, your body handles kilojoules differently depending on their source. As for exercise and lifestyle, studies show that fitness trackers don't always count kilojoules correctly, that the gym may not be the best place to burn them, and that those late nights at the office (and lack of sleep afterward) can pad your waist more than your wallet.

We'd bet there are at least six things you don't know about kilojoules - and that lack of knowledge could be weighing you down.



1/ YOUR FITNESS TRACKER CAN'T COUNT

In a 2014 study from Iowa State University, scientists asked 60 people to strap on one of eight different fitness trackers then complete an hour-long workout. Afterward, they compared each tracker's results to the participant's total oxygen consumption - a trusted measure of kilojoule burn. The verdict? Every tracker they tested was off by 9-23 per cent.

USE YOUR PHONE Researchers at the University of Pennsylvania found that apps like Moves and Health Mate showed less variability than wearable devices when tallying step counts, which is what most kilojoule estimators use to calculate how much you burn.



2/ "NUTRITION FACTS" LABELS ARE FAR FROM ACCURATE

The kilojoule stats on packaged foods are based on a 100-year-old formula and can be up to 25 per cent off, says Rachel Carmody, a postdoctoral fellow at Harvard. The true energy content of a food may be lower than what's on its label, thanks to its "thermic effect" (the energy required to digest it). How much lower depends on how your body works to process it.

EAT MORE PROTEIN Meats and vegetables make your metabolism burn hottest, delivering 20-30 per cent fewer kilojoules into your system than more easily digested simple carbs like pasta and ice cream. Limit simple carbs to less than 10 per cent of your total intake.





3/ ANTIBIOTICS MIGHT INFLATE YOUR KJ INTAKE

We're not talking about what your doctor prescribes here. We're referring to what you put in your shopping basket. Antibiotics given to livestock can skew the balance of bacteria in your gut, nurturing a microbiome that's more efficient at pulling kilojoules from food and shuttling them into your body, says Carmody.

GO ORGANIC In addition to eating antibiotic-free meat, dairy and fish, stock up on vegetables and whole grains. "A fibre-rich diet nurtures microbes that aren't as efficient at extracting energy," says Carmody. And if you're trying to lose weight, that's a good thing.



4/ YOU CAN BURN MORE 'JOULES OUTSIDE THE GYM

If you're an 80-kilogram man, your vigorous 30-minute strength workout will burn about 1030kJ. That's good – but it's still only a fraction of what you burn each day through non-exercise activity thermogenesis. Indeed, the cumulative kilojoule burn of everyday pursuits like brushing your teeth and playing pool after work with your mates is far greater than anything you can hope to achieve in the gym.

STOP SITTING AROUND "You have the ability to increase your burn by as much as 4200kJ a day by spending more time in motion," says Dr James Levine, a professor of medicine at the Mayo Clinic. Check out "Boost Your Burn" (right) for six ways to do just that.



5/ THE PROCESSING OF FOOD UNLOCKS MORE 'JOULES

You already know that a double-choc muffin is no friend of weight loss. But any kind of processing – including juicing, grinding, milling and, yep, cooking – breaks food down, rupturing cell walls and reducing the energy required for digestion. "Not only does processing make it easier to extract kilojoules, but also fewer of them are excreted," says Carmody. The result is more kilojoules entering your body and staying there.

STOCK UP ON WHOLE FOODS More than 75 per cent of the kilojoules we eat are from moderately or highly processed foods. Only a quarter come from whole or minimally processed foods. Your goal: reverse the ratio. Focus on single-ingredient foods, like fish and fruit.



6/ SKIPPING SLEEP MAKES YOU A KILOJOULE VACUUM

In a University of Colorado study, guys who were restricted to five hours of sleep a night consumed six per cent more kilojoules a day. That alone was enough to pack on a kilogram over a five-day period. And according to study author Kenneth Wright, sleep-deprived men are also more likely to binge on carbs and high-kilojoule snacks after dinner – habits linked to weight gain.

HYPNOTISE YOURSELF When you hit the sack, imagine yourself repeatedly teeing off on your favourite par 3. "Visualisation reduces anxiety and lets your brain's sleep mechanism engage," says sleep medicine expert Dr W Christopher Winter.

BOOST YOUR BURN

SIX GYM-FREE WAYS TO TORCH NEARLY 3000 MORE KILOJOULES EVERY DAY

1270

Biking to work for 40 minutes instead of driving for 20 minutes

+ 340

Joining a 30-minute conference call on your mobile and walking instead of staying put

+ 120

Delivering 15 messages in person rather than by email

+ 290

Sacrificing half an hour of screen time to walk the dog

+ 515

Trading 45 minutes of TV watching to help tidy up the house

+ 210

Getting busy for 20 minutes before going to bed

EXTRA KILOJOULES BURNED

2745

(calculations are for a 80kg man)



ILLUSTRATION: JASON FORD



AFL GRAND FINAL 2015

6 OF THE BEST

Some of the AFL's biggest stars have lit up stadiums around the country this season. Here are six moments that created headlines and caught the imagination



2 Nat Fyfe And Patrick Dangerfield Go Head To Head

In the age of the tagger it's rare for two midfield titans to directly lock horns. In round nine, Brownlow favourite Fyfe and Adelaide's fleet-footed weapon Dangerfield were given freedom by their coaches to go for broke. Honours were largely even, our September cover guy Fyfe finishing with 40 possessions and one goal, Dangerfield with 38 touches and a goal.



3 400 And Counting

In such a physically punishing game, playing 10 seasons or 200 games is a testament to a player's durability. Four hundred? Just plain ridiculous. Before this season only two men had ever reached the landmark – this year there were two. Forty-year-old Essendon full-back Dustin Fletcher continues to throw his body into contests with men over 20 years his junior, while North Melbourne utility Brent Harvey hits packs like a pumped-up draft pick.



1 Adam Goodes Takes A Stand

In round nine against Carlton, two-time Brownlow Medal winner Goodes celebrated a goal with a traditional Aboriginal war dance. It was either a fitting way to mark the AFL's indigenous round or a highly provocative act, depending on your politics. Either way, it kicked off a public outcry that reached fever pitch when Lewis Jetta, tired of the repeated booing of his teammate, performed a similar dance to enraged West Coast Eagles fans. The meaning and moral dimensions of the controversy were dissected to death by pundits and the twittersphere as Goodes took a self-imposed two-week break from the game. Thankfully he returned to the fray, mostly to cheers rather than jeers.



5 Nic Nat Blasts Off

What happens when a 201-centimetre man with one of the highest vertical leaps ever recorded at the AFL's Draft Combine takes off? In round nine, Nic Nat got the sit on teammate and fellow skyscraper Callum Sinclair to take flight in the stand-out contender for mark of the year. The ruckman, who also averaged 34 hit-outs a game this season, is on track to make his second All-Australian team.



4 The League Unites

Adelaide coach Phil Walsh's tragic death reminded everyone that there's more to life than footy. Players from Collingwood and Hawthorn interlocking arms after their round-14 clash was one of many fitting tributes to a man loved and respected by all.

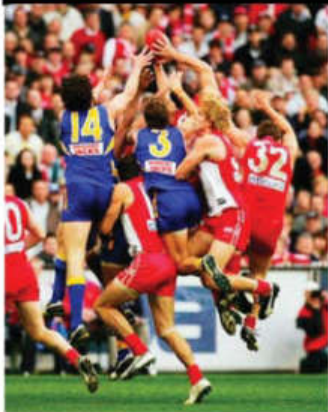


6 Josh Kennedy Kicks Bag After Bag

The West Coast forward has had an outstanding season, leading the race for the Coleman Medal. His 10-goal effort in round two against Carlton was the type of haul you don't often see in modern footy and particularly sweet for Kennedy, playing against his former club who haven't exactly been brimming with penetrating forward options this season. »»



PHOTOGRAPHY: GETTY IMAGES, AFL.COM.AU



2005 Leo Barry takes the most important mark in history

Sydney v West Coast

With the Swans up by four and seconds away from their first flag in 72 years, West Coast ruckman Dean Cox sent a punt into the Eagles' forward line. As a pack formed, Barry floated in from the side to pluck a game-saving mark. "You just don't know what would have happened if that ball had gone to ground," says Watson.

The lesson: go hard until the end.

1989 Dermie gets cleaned up

Hawthorn v Geelong

In the first quarter of the epic '89 Grand Final, Geelong hitman Mark Yeates lined up

"Derm the Perm" with the most brutal shirtfront in the game's history. A vomiting Dermie left the field, but returned with broken ribs and internal bleeding to boot three goals as the Hawks won by six.

The lesson: the harder you fall, the harder you come back.

1989 Ablett plays God

Hawthorn v Geelong

The man many called "God" very nearly won this match off his own boot with a remarkable nine-goal haul. "Every time the ball went near him you could sense the anticipation in the crowd that he was either going to mark or goal," says Watson. Ablett's "divine" second-quarter snap from a throw-in certainly inspires belief.

The lesson: glory can be found in defeat.



1993 Michael Long takes off

Essendon v Carlton

Watson had a close-up view of Long's spectacular four-bounce, one-baulk first-quarter goal. "I was one of the players he danced around on his way," says Watson. "That goal really sparked us and summed up our motto in that finals series: speed kills." It certainly did, the Bombers going on to a thumping 44-point win that saw Long collect the Norm Smith Medal.

The lesson: have the confidence to play to your strengths.

THE GRANDEST STAGE OF ALL

The AFL's biggest day has a habit of producing drama. With this year's decider almost upon us, Channel 7 commentator and former Essendon great Tim Watson looks back on the most memorable Grand Final moments of the past 30 years

2010 The Saints and Pies draw

Collingwood v St Kilda

With the Saints down by a point, Lenny Hayes kicked towards goal from 50 metres out. The ball looked like it would sit perfectly for Saints' goal sneak Stephen Milne, but instead it bounced at a right angle and through for a point. "That moment sums up AFL football," laughs Watson. In the replay a week later, Collingwood ran away to a 56-point win.

The lesson: count on the unexpected.



2011 Meatloaf sounds like meat substitute

Geelong v Collingwood

The ageing rocker produced a shambolic performance in a 12-minute medley of hits for which he was reportedly paid \$600,000. "He pretty much destroyed what was supposed to be a big build-up to the game," says Watson.

The lesson: never book a has-been.



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fenix 3

“Honey, I Bought a Family Car!”

Want sports-car performance, a premium badge and a bit more room up back? Meet the Mercedes-Benz CLA 45 AMG Shooting Brake



IN THE WORLD OF STYLE, it's called “masstige” - the move by premium brands to embrace a wider audience. And it's happening in the auto world, too.

Take Mercedes-Benz, which just two years ago lobbed a German cat among the Japanese and Korean pigeons by releasing their new A-Class hatch for a then-unheard-of \$35,000. That same platform has since spawned a sedan, a small SUV and now a Shooting Brake (station wagon), all with similarly competitive price tags.

The Shooting Brake range starts at \$52,400 (plus dealer delivery and on-road costs) for the CLA 200. Slightly higher up the food chain is the 200 CDI diesel, then the more powerful 250 petrol and, finally, the variant *MH* tested, the range-topping \$89,900 AMG model (pictured above).

AMG is Mercedes' internal performance division and, boy, did they have fun with this car. Under the bonnet is a turbocharged 2.0L four-cylinder petrol engine which, when unleashed, hurls this “family” car to 100km/h in 4.7 seconds, on its way to a top

speed of 270km/h. It's capable of more, but Mercedes has electronically limited it.

Happily, though, you don't have to drive like a boy racer to appreciate this engine's pedigree: just tootle around town in “Sport” mode and it will snarl up through the gears and bark, burble and crackle coming back down again. Or flick across to C (Comfort mode) and it will cruise to the shops in a more muted fashion. And though it sits on 19-inch rims (the rest of the range wearing 18s), the AMG's ride is firm but never uncomfortable.

In keeping with its CLA sedan sibling (which looks more coupé than four-door), the Shooting Brake's sleek lines and sharply raked tailgate make it look like a long fast hatch, rather than a family wagon. That roofline doesn't compromise the interior as much as you'd think, though, with adequate head room for six-footers in the back.

The interior is a tasteful mix of black and aluminium, with red stitching on the seats and doors, and to this reviewer's eyes, a set of the most stylish air vents yet to grace a cabin. The now obligatory tablet, centrally mounted on the dash, displays all information via a controller between the seats, and the flat-bottomed steering wheel is a nod to the car's sporty intent. Audio comes via a top-shelf Harmon Kardon system.

In terms of safety kit, the whole range gets semi-autonomous braking, blind-spot assist and reversing camera, with the AMG getting DISTRONIC

PLUS to let the car maintain safe gaps between it and the vehicle ahead.

If you want something to lug kids and cargo, then an SUV makes sense. But if you're a keen driver, prepared to compromise a little space for a lot of performance, then the CLA 45 AMG Shooting Brake is hard to ignore.

“IF YOU'RE A KEEN DRIVER, THEN THE SHOOTING BRAKE IS HARD TO IGNORE”

LAUNCH REPORT: THE RETURN OF THE ROADSTER

Just in time for the warmer weather, Mazda has pulled the wraps off the fourth generation of its MX-5 sports car. The most obvious difference

from Mark III is that sharper styling. But underneath, the entire car is new, benefitting from all of Mazda's SKYACTIV chassis and engine technologies.

At launch, only the revvy 1.5-litre engine was available, but it provides ample shove for this lightweight (1009kg) two-seater. You could opt for the

top-spec 2.0L auto Roadster GT, but we'll take the base model in manual for \$31,990. Actually, throw in \$200 more for that Soul Red paint.



WORDS: BRUCE RITCHIE

TOM'S SECRET WEAPON IN THE LAUNDRY

TAKE OUT TOUGH STAINS WITH DYNAMO

As Tom Williams knows, life can be a messy business, especially when you're having a good time. Cooking, training, fixing the car – whatever you do and whatever life throws at you, it's good to know you've got a secret weapon. **Dynamo's Stain Lift Technology** lifts dirt and stains and keeps them from re-depositing back onto your clothes, for great results in the laundry – minimum effort required.

“BEING A NEW DAD, ANY PRODUCT THAT CAN HELP MAKE MY LIFE EASIER IS A WINNER IN MY BOOKS”

- TOM WILLIAMS

LAUNDRY TIPS

SORTING IT OUT

- Separate your laundry by fabric, colour and soiling level for best washing results.
- It's also a good idea to wash heavy lint shedders like blankets separately and to clean out the lint filter in your washing machine regularly.

WHAT TO DO WITH STAINS

- Act fast and rinse stains in cold water before they have a chance to set.
- Don't rub stains as this may push the stain further into the fabric. If you're not sure what the stain is, avoid using hot water as this could set the stain.
- Avoid using chlorine bleach, unless the garment tag says it may be used.

KEEPING WHITES NICE AND BRIGHT

- Separate heavily soiled items from lightly soiled items.
- Use warm or hot water if suitable for the fabric.
- Ensure clothes can circulate freely through the water.
- Dry clothes in the sun.

KEEPING COLOURS AND DARK CLOTHES VIBRANT

- Turn black clothes inside out before washing.
- Separate heavily soiled items from lightly soiled items.
- Wash in cold water.
- Ensure that clothes can circulate freely through the water.
- Turn inside out when hanging up and don't dry clothes in full sunlight.

WASHING WITH A FRONT LOADER OR HIGH EFFICIENCY TOP LOADER

- Use a detergent specially formulated for front loaders and high efficiency top loaders, as this won't over foam and damage your machine.
- For best results use the recommended amount of a premium detergent such as Dynamo.





The Wallabies Powered by Pure Warrior

For pure results use in combination with a balanced diet and regular exercise.

PURE PROTEIN PURE RESULTS

An elite new range of high-performance protein scientifically engineered to deliver powerful results.

- /// Premium protein from 100% grass-fed whey
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- /// Micro-filtration technology for fast absorption and superior results

PREMIUM. PURE. TRUSTED.



RUGBY WORLD CUP 2015



The Men Who Matter

No-one will have a bigger say in who lifts the Rugby World Cup, starting this month, than the leading teams' supremely athletic back-rowers. We unlock the secrets of three of the best, starting with Australia's unbreakable Michael Hooper, who shows you how talent plus resolve can add up to an irresistible force

BY DANIEL WILLIAMS PHOTOGRAPHY BY JASON IERACE

HOOPER


MICHAEL HOOPER AUSTRALIA

WITH FIVE STITCHES near his left eye and his blond mane swept back, square-jawed Michael Hooper could pass as a Norse warrior as he greets all and sundry with smiles and handshakes. And in a sense, he's just returned from battle, though hardly a victorious one. The needlework is a memento of a disastrous (for Australia) Bledisloe Cup decider, played not 48 hours earlier in Auckland. A dazed Hooper had

been hauled off in the first half, then sent back out once cleared of concussion. He remembers being winded, "something happening" when he was sprawled on the ground, but not how his face was opened up like an overripe peach. Anyway, he reassures, *physically* he's come up fine from what was an untimely pre-World Cup hammering. And emotionally? "Shit!" he shoots back. "Horrendous." ➤

GROOMING: ANDREA BLACK

MAN!



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USE THE FREE VIEWA APP
TO CHECK OUT OUR Q&A
WITH MICHAEL

Fortunately for Hooper, who first laced on a boot at the age of six, he's developed his own way of coping with disappointment - and bouncing back. "I take my mind off it," he says. "It's great to have family and friends around, and to talk about anything else." Then comes the official play-by-play review in which every blunder is picked over. And after that? "You get on with it," says Hooper. "That's what you do."

Hooper's getting on with things now at this *Men's Health* shoot, repeatedly throwing his bruised body into space before ... *thud, thud, thud* ... landing chest-first on a strategically positioned crash mat. It can't be anyone's idea of a recovery session, but Hooper is unfazed.

"An extraordinary combination of the greyhound and the wolf"

"No worries," he says. "I'd just be sitting at home otherwise."

A likeable, laidback lad from Sydney's northern beaches is exactly who he is. Except when he pulls on the No.7 jersey. "An extraordinary combination of the greyhound and the wolf," sums up former Wallaby forward Peter FitzSimons, zeroing in on Hooper's signature mix of foot speed (he was a junior beach-sprinting champion) and rip-in, cop-that style.

Hooper raves about Wallaby teammate David Pocock's intimidating work in the gym. But when he slips off his T-shirt for a mid-shoot change of outfit, he reveals a thickly muscled torso purpose-built for collision.

It's a frame he uses to stunning effect. True, players in Hooper's position are supposed to be all-rounders, with conspicuous agility, strength, fitness and aggression. These qualities are vital, as they ensure sufficient possession at the breakdown to pile on points. But even within this framework, the 23-year-old is a superb athlete with more than a hint of indestructibility, having played 44 Tests on the trot since his international debut back in mid-2012.

Former Wallabies captain John Eales says Hooper "may be the most complete footballer the Wallabies have ever had". Eales sees similarities between Hooper

and the ubiquitous No.7 of Eales's time, George Smith. "I think history will record George Smith as an all-time Wallaby great, and Michael Hooper is heading the same way."

FOCUS YOUR FEROCITY

Hooper's a living lesson in, step one, recognising what it is that excites you, and step two, pursuing it without distraction.

"I've never had another job," he says. Not even flipping burgers or delivering pamphlets. "I've copped some stick about that, but ... " Exactly. He's done all right.

Reflecting on his time in the juniors, he reckons there were plenty of other kids with a gift for rugby at least equal to his own. But they were also lacking in something. Desire. "My brother's a good example. He was a really talented footy player. He had an opportunity, but he never really ran with it." These days, older brother Richard is fulfilled and regret-free in the IT sphere - and a fine club player. "I look at him," says Hooper, "and think you've just got to find that thing that works for you and run with it."

While rugby has never felt like work to Hooper, it's no picnic either. He's a nervous wreck on match days, particularly on arrival at the ground and just before kick-off. He copes by forcing himself to feel jovial and kidding around



with teammates. "Some guys hate it because you're laughing before a game, but it works for me."

His stomach churns because he expects a lot of himself. But there's a difference, he says, between wanting to excel and dreading disaster. "You just can't fear failure," he says, because it will cloud your judgment, stifle your talent and inhibit your play. "If you can avoid fearing that, you're sweet."

You also need to be clear about what success looks like; its face changes from challenge to challenge. "There are going to be times when you may not do things that are exceptional," says Hooper, "but what you can aim for is to do your role really well every time." Stick to basics, in other words, when the brilliance is on leave. "If you do that, you're really helping your team, and if most guys do that, you're probably going to win."

Come fulltime, Hooper knows in himself how he's performed. And his coaches will give him their take. But in some ways it's the verdict of his dad that means the most. English immigrant David Hooper played rugby, too, with palpable toughness if not bewitching skill.

"He's watched me play every game I think I've ever played," says Hooper. "I can count on him to give me an assessment of my game whether it's good or bad

or terrible, and that's okay because I don't ever want him to sugar-coat things."

RUN FOR POWER

On preparation, Hooper dislikes weights but does what he must to thrive. When he finds the time for extra training, it's road running. "I feel like getting kilometres in the legs is good for me," he says, "especially when you've had some time off and you have a few beers." His runs aren't marathons. He just dons a hoodie and headphones, and clears his mind.

He's still a pup - he turns 24 two days before the World Cup final - yet the Wallabies appointed him captain last year when injury sidelined the more seasoned Stephen Moore. FitzSimons reckons this was premature, that no 22-year-old has the requisite experience or gravitas to lead a national team, especially one that's no stranger to public incidents and internal ructions.

Hooper says all he knows for sure is that he relished the role. "I'm still growing as a person. There's a lot more I can learn and hopefully that will help if I ever get the honour again." The word is he will. That it's a matter of time.

But to the task at hand. Despite the hiding in Auckland, the Wallabies are on a World Cup mission, Hooper affirms. "We're going there to win the thing." ■

APPETITE FOR DESTRUCTION

HOOPER'S FEAT OF LINING UP FOR 44 STRAIGHT TESTS IN THE WORLD'S MOST INJURIOUS SPORT IS NO FLUKE. HERE'S HOW HE USES NUTRITION TO BUILD HIS MADE-OF-MUSCLE ARMOUR AND TO ACCELERATE RECOVERY FROM PLAYING AND TRAINING

◀ BREAKFAST

Hooper favours high-energy Nutri-Grain with full-cream milk, which he chases with a two-egg omelette with ham for extra protein.

POST-TRAINING

30g of Swisse Pure Warrior 100% WPI in milk or water. "This really helps me beat off the aches and I have one after each gym session to feed the muscles."

◀ LUNCH

Wholegrain sandwich stuffed with lean meat, egg and salad.

SNACK

Milo stirred through 300 millilitres of full-cream milk.

DINNER ▶

350g steak with a mix of green veg and carrot.

SUPPER

Hooper will mix this mega protein shake if he's peckish and has training the next morning:

30g Swisses Pure Warrior 100% WPI
30g oats
2 tbsp peanut butter
100ml light milk
Handful of ice
2 tbsp Milo



RUGBY WORLD CUP 2015

THE



RICHIE McCAW NEW ZEALAND

This month's World Cup will be the swansong of Richie McCaw, a man widely considered to be the greatest rugby player of all time. His performance secret? It's all in the engine

GREATEST

BY **MATT CLEARY**

RICHIE McCAW doesn't so much play rugby as immerse himself in it. He's the all-action everywhere man, powering across the field, ripping and tearing, his head over the ball, a dominator of dark places. Rare is the game he'll finish without some chunk of bloody bark hanging off his body. He's a hard man, a colossus of world rugby. And more often than not, he's the most effective man on the park.

At the core of McCaw's effectiveness is his fitness, his "engine". He calls it his "biggest attribute". "I've always worked bloody hard at it," says McCaw in his book *The Open Side*. "If you're fast and strong but can't get there, then your speed and strength are no use to anyone. And oxygen debt doesn't help your decision-making."

As an openside flanker, McCaw is equal parts "fetcher" - the player who'll appear at most rucks and mauls charged with securing or stealing the

ball - and hard charger, the man who'll cart the ball into the meat of the opposition defence and across the gain line. He's a rangy, open-field runner and a weapon in the tackle. He's Kieran Read crossed with Michael Hooper. He's probably the best there's ever been.

Yet all his skills and smarts, his game sense, his decision-making, it's all powered by his fitness "base". The man is a runner. Always has been. Aged 18 he broke his wrist and could only train by running. And run he did. All the way into the All Blacks, debuting against Ireland at Lansdowne Road in 2001 without having played Super Rugby. (He would be man-of-the-match.)

"All I could do was run, so that's what I did," says McCaw. "That base really helps, particularly when coming back from injury. You could be out for six weeks and come back and get straight back into it pretty quickly." The man who

gave McCaw that start, former All Blacks coach John Mitchell, recalls a three-kilometre time trial in which McCaw posted a time a nudge over 10 minutes 30 seconds, nearly running down All Blacks flyer and noted 400-metre runner Caleb Ralph.

When McCaw was a young tearaway, like most openside flankers, he loved making turnovers - stealing the ball from the opposition at the breakdown. He still gets a buzz from it but ranks them by influence on the game rather than number. He also breaks his game down into four key goals: tackling, clearing rucks, pressuring-with-a-view-to-stealing opposition ball, and running with the ball.

McCaw does lift weights - says they're "essential". Indeed, he built himself up to his current playing weight of 107 kilograms through hard labour under the iron. He says it made him bigger across the shoulders and stronger through the core, giving him a

distinct advantage over other No.7s, who tended to be closer to the ground, like Hooper and McCaw's great rival George Smith.

But weights are ultimately a sideshow - it's that aerobic base he relies on most. "Some guys don't like running and they go to the gym. But if I had the choice I'd always pick going for a run. My argument to people who say you should be stronger is that, maybe the first five or 10 minutes when everyone's fresh, it might be an advantage. But after 60 minutes when I'm still getting there and beating the other guys, that's when you have more of an influence."

Teammate Dan Carter says McCaw is "a machine". Former Wallabies captain George Gregan says McCaw is "the greatest Test player ever" and "just gets better and better". And Mitchell says "he plays with blood and guts, and that stands out above the rest in the modern professional era".

More power to him. ■

PHOTOGRAPHY: PHIL WALTER/GETTY IMAGES

MCCAW BY
NUMBERS

34

AGE

1.87M

HEIGHT

107KG

WEIGHT

142

TESTS

27

TRIES

105

TESTS AS
CAPTAIN

88.6

WINNING
PERCENTAGE
AS CAPTAIN

1ST

PLAYER TO
CAPTAIN HIS
COUNTRY IN
100 TESTS

3

IRB PLAYER
OF THE YEAR
AWARDS

**“IF YOU’RE FAST AND
STRONG BUT CAN’T
GET THERE, YOUR
SPEED AND STRENGTH
ARE NO USE TO ANYONE”**

KNOW YOUR ENEMY

RUGBY WORLD CUP 2015

If the Wallabies are going to make it to the pointy end of the World Cup, they need to trump England at Twickenham. Task number-one for the Australians: out-muscling England's monster back-rower James Haskell. Here's how Haskell builds his bone-crunching body. You ready?

PHOTOGRAPHY BY PHIL HAYNES

JAMES HASKELL ENGLAND

YOU'D BE FORGIVEN for forgetting that James Haskell is a rugby player. He combines bodybuilder stature with fitness-model definition – and has 112,000 Twitter followers hanging on his every piece of training advice. The workout videos on his YouTube channel, Bodyfire TV, garner thousands of views each. He has become a force to be reckoned with on social media.

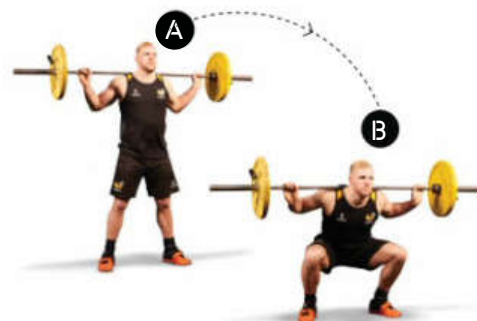
Each of his workouts drives towards power, dynamism and mobility, fusing rugby-specific moves with Olympic lifts and the functional strength of MMA and CrossFit. Done right, these workouts are brutal. But Haskell is 114 kilograms of solid proof that they work. *MH*, for one, is not going to argue.





ADD STRENGTH WHERE IT COUNTS

That is, everywhere. "I don't isolate body parts," says Haskell. "Rugby isn't about how much you bench." Do this full-body workout twice a week for a month to gain visible, athletic muscle.



01 BACK SQUAT

4-5 SETS OF 2-5 REPS

Rest a barbell on your shoulders. Bend your knees and push your hips back until your thighs are parallel to the ground. Push through your heels to return to the start position.

SUPERSET



02 ROMANIAN DEADLIFT

4-5 SETS OF 6-8 REPS

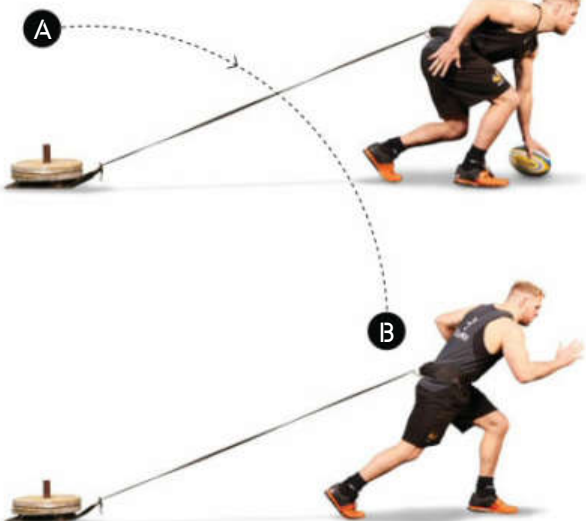
Bend to grab the bar with a wide grip, legs as straight as possible. Clench your glutes and push your hips forward to stand. Rest for one minute, then go back to the squats.



03 PROWLER PUSH

3-4 REPS OF 10-15M

Load a sled and hold with your back flat and your head up. Shunt the sled forward using short, powerful steps. Go 15 metres, then turn and come back. That's one rep. ➤



04 SLED DRAG

3-4 REPS OF 20M

This move simulates powering through tackles. Strap on the harness and get in a sprinting stance, knees bent and torso low. Charge forward, staying low, for 20m. Rest for 20 seconds and go again. Aim for four lengths in total.



05 MILITARY PRESS

4-5 SETS OF 2-5 REPS

Haskell uses this move to injury-proof his shoulders. Hold a bar across your collarbone, palms forward, knees slightly bent. Push up to drive the bar above your head as you exhale. Breathe in as you lower the bar to your collarbone.



06 CURL TO PRESS

4-5 SETS OF 6-8 REPS

Finish with a biceps-builder – for go, not show. With elbows tucked in tight, curl the dumbbells to your shoulders. Push the dumbbells overhead, rotating your wrists so you end with your palms facing out. Reverse, breathe, repeat.

THE SPECS
TOTAL BODY



WORKOUT
45
MINUTES
RESULTS IN
4
WEEKS
LEVEL
MED

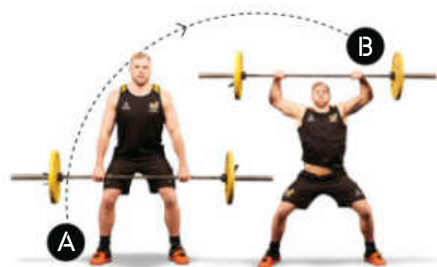


Do you fancy tackling this? Like all great back-rowers, Haskell is a scary blend of size and speed.



DEPLOY POWER WHEN IT MATTERS

In the controlled car crashes that are Rugby World Cup matches, size isn't everything. "The hardest players to tackle aren't the largest but the most explosive," says Haskell. "This next session focuses on power endurance." Perform it twice a week, alternating with the previous workout.



01 HANG SNATCH

4-5 SETS OF 2-4 REPS

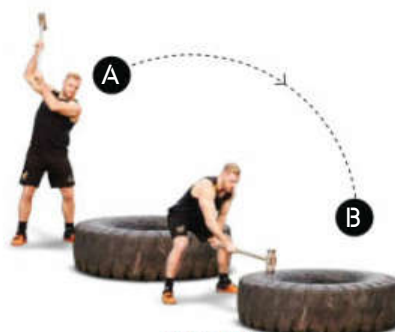
Holding a barbell with a wide overhand grip, bend your knees until the bar touches your thighs. Now jump, extending your body and shrugging your shoulders to pull the weight overhead. Dip, extend your arms, and stand.



02 TYRE FLIP

4 SETS OF 4 REPS

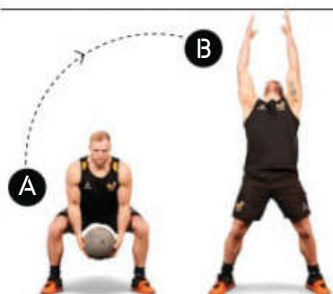
It's not hard to see how this strongman favourite translates to the rugby field. Squat to grip the underside of the tyre, back straight and head up. Drive up with your legs, shifting your hands as shown. Push hard to complete the flip.



03 TYRE HAMMER

3 SETS OF 10 REPS

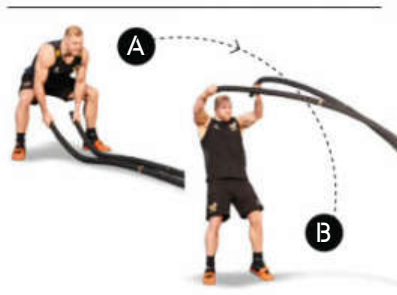
Pick up a sledgehammer with both hands. Hoist it overhead and shift your top hand to the bottom of the handle to bring it down onto the tyre with as much force as possible. Feel like Thor? Good – you're doing it right.



04 MED-BALL THROW

3 SETS OF 4 REPS

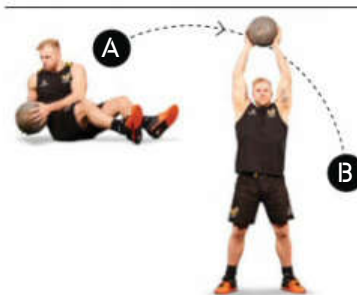
This MMA-inspired move hones functional power. Grab a medicine ball, then squat – the lower you go, the more elastic energy you'll store. Drive up and hurl the ball above you. Let it bounce, grab it, and go again. Do not try to catch it.



05 ROPE SLAM

3 SETS OF 10 REPS

Loop a battle rope around something heavy and hold the ends. Bend your hips and knees slightly, then start flinging your arms up, whipping them down to slam the ropes into the ground. This will build pro endurance.



06 MED-BALL NINJA

3 SETS OF 10 REPS

Start on the floor, knees bent, with a medicine ball in your hands. Now turn your upper body to touch the ball down on one side, and reverse to touch it down on the other side. Jump up and press the ball above your head. Drop; repeat. ■

THE SPECS

TOTAL BODY



WORKOUT

30 MIN

RESULTS IN

4 WEEKS

LEVEL

HARD



FIT TO PLAY

For a cardio challenge, Haskell suggests performing each of these exercises flat-out for 20 seconds, resting for 15 seconds between exercises. After each complete circuit, take a 90-second breather. Then go again. Aim to complete five circuits in total.

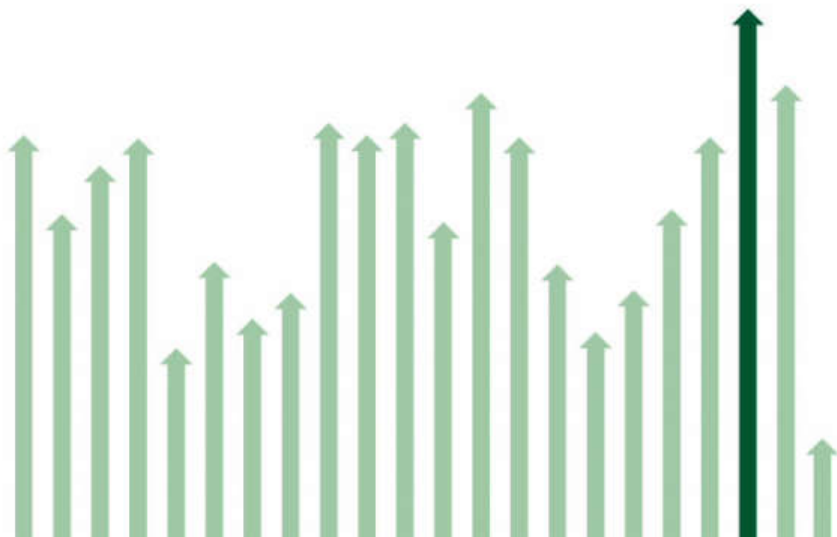


A squeaky-clean
diet is all well
and good - until
food fixations
start to consume
your life.

HAVE YOU REACHED PEAK DIET?

BY DANIEL MASOLIVER PHOTOGRAPHY BY JOBE LAWRENSEN

What began as an effort to take better care of your body might be having the opposite effect on your mental health. **Orthorexia** – the unhealthy obsession with healthy food – is a dangerous eating disorder. And it's on the rise. One *MH* writer investigates how eating well could be doing you ill ➤



“Go on mate, just one piece. It’s not going to kill you.” The words fill me with anxiety. Without a single spoonful passing my lips, I can already taste the cloying guilt at the back of my throat. While everyone else tucks into their second slice of wedding cake, washed down with yet another glass of champagne, I stay soberingly hungry. Because where they see a soft vanilla-flavoured sponge layered with fresh-fruit jam and buttery, melt-in-the-mouth icing, all I see is a toxic slice of gluten topped with 50-odd grams of gut-rotting sugar.

I haven’t eaten all night. The starter: too salty. The chicken main: dripping with a butter sauce. The bread rolls: where do I start? I push the cake around on the plate in front of me, and long for the comfort of the Tupperware containers occupying practically every cubic inch of my fridge at home. The initial superiority I felt while I smugly watched my friends stuff their faces with high-GI carbs and saturated fats has waned. And the longer the night goes on, the more I feel that maybe the big fat joke is on me after all.

It started with the best intentions – an inter-office fitness challenge – and that had to start with a healthy diet. I cut out the foods I knew to be bad for me, and ate only the good. But three months in, it’s getting out of hand. Going out for a meal with friends is off the menu; the pub is a no-go zone; even weddings, like tonight, simply result in an imperfect marriage of food and stress. My rules were meant to make me feel better; I look good, but feel so much worse. And while I’m getting props in the weights room, I’m one unhappy gym bunny.

CHECKING THE SMALL PRINT

An unhealthy obsession with healthy food: it sounds like a contradiction in terms, the least of our worries in a time of ever-swelling obesity rates. How can cutting out all the stuff that’s bad for you, and eating only what’s good, ever be detrimental to your health? The mere thought repudiates the most basic principles of bro science. And yet psychologists and dietitians are in agreement that this may well be the most wide-reaching, if least well understood, dietary health concern affecting us today.

According to the experts, sufferers are most likely to be in their thirties, middle class, well-educated and health-conscious. For heavily filtered evidence just scroll through your Instagram feed: hashtags like #eatclean and #fitfood abound, through which millions of users unashamedly share their photographs of joyless – borderline inedible – meals, all in the name of health (and validator likes from strangers). This is but one unappetising, photographic symptom of a most modern eating disorder. Its name is orthorexia, and if you’ve ever felt a pang of guilt after eating a cheese sandwich, or turned down a dinner invitation on account of its impact on your “gains”, the chances are you may well have it.

Doubtful? Ask yourself this: when you’re planning dinner, do you care more about the nutritional makeup of your meal than the taste? Do you have a mental blacklist of bad foods that you refuse to eat, even though you’d like to? Does the thought of going to a friend’s house for dinner and risking their trademark spag bol fill you with unease (for the gluten content of the pasta rather than their famously overzealous seasoning)? Have you ever felt so guilty after tucking into a bowl of ice cream that you’ve punished yourself – or “made up for it” – with exercise?

If you’re anything like me and answered yes to any of these questions, then what began as a well-intentioned desire to eat only healthy, nutritious food – to look after your body – may have mutated into an insidious threat to your health and happiness. And though our expanding waistlines and the related health concerns steal all the headlines, many of us are subject to an unhealthy force of equal and opposite severity.

Deanne Jade, psychologist and principal of the UK’s National Centre for Eating Disorders, says: “I would say that in this country, orthorexia affects hundreds of thousands of people. Maybe even millions. I’ve seen orthorexia in my clients for years, but the problem is getting bigger, because it’s become socially acceptable – cool, even – to eat a quirky diet.” Faddy #eatclean memes, in other words, have become as popular as they are tedious.

This quirkiness takes many guises, but all have one thing at their core: restriction. The paleo diet – no grains, legumes or dairy – is a major culprit. But then so is cutting out gluten or caffeine, sugar, salt, processed foods or alcohol. Removing any of these from your diet on a whim could well prove dangerous. Not just for the impact that it may or may not have on your body, but on your mental health. Because, like all eating disorders, *orthorexia nervosa* – to give it its proper title – is predominantly a problem of the mind. Case in point: an associate recently attributed his underperformance on the bench to the BPA content of his Tupperware. Not, you know, to the fact he hadn’t eaten a simple carb in three weeks. That doesn’t exactly scream “healthy body, healthy mind”.

Unlike traditional eating disorders, it is exactly people like him, you and me who are most susceptible, according to the experts. Men, essentially, but especially those with an interest in health and fitness. Those who are prepared to let their food go cold while they enter their kilojoules into MyFitnessPal, or check the small print on the back of food packaging for its sodium content, or walk up and down their hallway to beat yesterday’s step-count on their fitness-tracking wristbands.

“Both sexes are susceptible for different reasons,” says Ursula Philpot, chair of the British Dietetic Association’s mental health group, “but men can get hooked into rules and regulations, and kilojoules and numbers, and gadgets and scales going up and down, very easily.”

So you might be orthorexic, but the question remains: how can following a diet consisting exclusively of healthy foods be bad for you? How can trying your hardest to avoid becoming a statistic in the obesity crisis be, in itself, a problem? And if eating healthily can become unhealthy, then where is the line?

EXTREME MEASURES

If you’re trying to pick one out of a crowd, the orthorexic is the one with the rippling six-pack and the guilty conscience. “Personally, given the choice, I’d rather not eat McDonald’s,” says Jade, “but if it was the only thing

ARE YOU ORTHOREXIC?

If you’re worried about what you eat, take the Bratman Test for orthorexia. Answer yes to four or more of the questions below and it might be time to relax your thinking around food. If you answer yes to all of them, talk to a mental health professional

Do you spend more than three hours a day thinking about your diet?

Do you plan your meals several days ahead?

Is the nutritional value of your meal more important than the pleasure of eating it?

Has the quality of your life decreased as the quality of your diet has increased?

Have you become stricter with yourself lately?

Does your self-esteem get a boost from eating healthily?

Have you given up foods you used to enjoy in order to eat the “right” foods?

Does your diet make it difficult for you to eat out, distancing you from family and friends?

Do you feel guilty when you stray from your diet?

Do you feel at peace with yourself and in total control when you eat healthily?

Behind closed doors. Do you keep your disordered eating locked out of sight?

available, and I was hungry, then I would. Whereas someone with orthorexia would have a great sense of anxiety about it. Mentally, emotionally, they're horrified at the idea of eating it. They feel toxic or poisoned."

This acute food guilt is something I know all too well. During my challenge, every three hours, like clockwork, I would warm up one of my five daily meals, prepped and packed in advance. Combined, the contents of these containers provided the precise daily macronutrient requirements that I'd calculated would help me attain a set of visible abs (195 grams of protein, 240g of carbs and 80g of fat, if you're interested). Evenings were spent meticulously weighing out, down to the gram, every single ingredient for the next day's meals, from lean protein to low-GI carbs. Outside of the contents of these containers, there was no leeway. Any deviation resulted in panic, guilt-induced insomnia and more than a little eye-rolling from an understandably unsympathetic girlfriend.

Gluten was out. So too dairy, sugar and booze. In fact, soon the list of restrictions was so long that eating out - be it at restaurants or with friends - became a genuine source of stress. What if they forgot I wasn't eating cheese? What if this meal would tip me over my daily macros? What if I succumbed to temptation and did something truly deplorable - unforgivable, even - like eat a potato. It was either take my Tupperware with me, or take myself home. Physically, I was in the best shape of my life, but emotionally I was a wreck. I had become so obsessed with micromanaging my diet that I was constantly thinking about food. Fretting over it. Agonising over it. Definitely not enjoying it. In other words, I had become orthorexic.

"Orthorexia begins when healthy eating starts to interfere with ordinary life," says Philpot. "At Christmas, birthdays, weddings, people will eat certain sorts of food. If you can't join in with that because you perceive that it's too unhealthy, because your healthy eating is such that you can't enjoy normal social occasions, go out for meals or socialise with other people, that is when it becomes problematic. When nutrition starts to become ➤



THE RESTRICTIVE EATER

THOMAS GRAINGER, 21, STUDENT

"When I was younger I was overweight. I absorbed as much information as I could about healthy eating and exercise, and I managed to lose the weight. But I found that I started to become obsessive. I restricted anything that I believed caused inflammation in the body. So I had no sugar, no gluten, no dairy. I used to actually refer to them as poisons. If I knew that I was going to be around food like that, I would pre-eat, or eat afterwards. My list of restrictions grew longer and I started to get very anxious around food.

"The only time I was comfortable was when I was cooking on my own. Even

shopping became exhausting, as I'd read the labels on everything to check there were no added sugars, genetically modified ingredients or plant-based oils. I would try to force these ideas on other people as well. Eventually, they didn't want to cook for me because they thought that I'd judge them. I became the 'health freak' guy.

"My weight kept dropping. I started to develop actual health complications. I was diagnosed with inflammatory bowel disease. My body just couldn't cope with the stress I was putting it under. It was only when I made the decision to eat more flexibly that I managed finally to find a truly healthy diet."

a larger chunk of your life, where you start spending disproportionate amounts of time planning it, thinking about it, researching it, then that's when we start to worry, because it becomes obsessional."

I turn to Russell Delderfield, a researcher at the University of Bradford who is studying eating disorders in men. How could my aspiration to make positive changes to my diet have turned into a burgeoning eating disorder? How can the ability to deadlift most grown men be rooted in an unhealthy mentality? After all, I tell him, it all started as a push to get my body into the best shape of my life. But the damage, he says, started the moment I let my dietary decisions spill over into my relationships. "You begin to withdraw from people because you can't eat with them; they can't prepare food the way that you need it preparing; they can't offer you the kinds of foods that you find acceptable. It even goes to the point of behaviours that you normally associate with anorexia, such as hiding food and disposing of it later, or avoiding any situation where there's exposure to unacceptable foods. That to me is more than just being on a fitness drive for the summer."

Delderfield was right. Socially, I was becoming alienated from my friends (and who could blame them; I certainly wouldn't want to hang out with me). Psychologically, food dominated my thoughts and had a strangle grip on my emotional state. That much I was starting to come to terms with. But nutritionally, it was hard to see why I should stop feeding myself what I had deemed to be a healthy diet. What was the physical harm? Anorexics can starve themselves to death; bulimics can do permanent damage to their internal organs. My diet, neurotic though it might sound, was ultimately healthy. Wasn't it?

DIRTY TALK

The term orthorexia was coined almost 20 years ago by US doctor Steven Bratman, who was also the first person diagnosed with the condition. Bratman, moved by the scientific literature that was starting to emerge about the effects of certain foods, decided to go on a health kick. To make a concerted effort to



THE SELF-FLAGELLATOR

JAMIE MILLAR, 31, MEN'S HEALTH WRITER

"It was in the second year of uni, when I moved into a rented house, that I became entirely responsible for feeding myself. For the first time I had full control over my diet; I could make it 'optimal'. So I started getting anal with portion control, counting kilojoules and weighing out carbs. I lost body fat; I also lost power on the football pitch. There's a photo of me on Facebook in fancy dress as Bruce Lee and you can count my ribs.

Eventually I put weight back on, but only because I was unhappy with how I looked. It took my first serious relationship, with my

now wife, to make me realise that eating, say, a can of tuna mixed with sweetcorn for dinner is not healthy, whatever its macros.

"Even now, I tend to mentally lump days into 'good' and 'bad'. If just one lapse of willpower turns the former into the latter then all bets are off until tomorrow, when I'll wake up feeling guilty – and probably early, so I can train it off. But with my wife's help I've become more relaxed. I'm happier in myself, and with my appearance. And I've at least figured out not to ask how many grams of rice she's cooked. I'm still learning."

let only nutritionally beneficial foods pass his lips. The more he read, the more he cut out, until he realised that his diet had become so restrictive that he was actually – to his own surprise – doing himself physical harm. His healthy diet had started to make him sick.

"People think they're taking these squeaky-clean roads," says California-based Alan Aragon, the self-proclaimed Ron Burgundy of nutrition. "But there are things they're doing in terms of their food choices that are actually less nutritious than if they were being more flexible with what they ate, by which I mean including so-called 'naughty' foods." The problem, says Aragon, who has seen a dramatic rise in cases of orthorexia among gym-going men, stems from the bad language we use to talk about food.

"Labels like 'clean' and 'dirty' automatically make people judge individual foods outside of the context of the rest of their diet. If your diet is rigid and inflexible, where it has a very strict 'avoid' list of foods, and a very narrow 'approved' list, you could be missing out on good nutrition from the foods you mistakenly feel are 'bad'." Single ingredients aren't in themselves good or bad, Aragon says. The way they fit into your diet, building towards the bigger picture, is what counts. "It doesn't make sense to look at individual foods in a vacuum. There is such a thing as a dirty diet, but individual foods being dirty? No, because you can't look at anything in isolation from the wider context." Not even a Twix.

To the orthorexic mind, the notions of "healthy food" and "healthy diet" have become conflated. Dangerously so. No-one can argue that kale, for example, is not good for you, but try to survive on a kale-only diet and you'll live a miserable and emaciated existence. (The key to happiness does not lie in the leaves of a cruciferous vegetable.) This, on a wider scale, is where the obsession with healthy food – rather than a healthy diet – becomes physically destructive. As the list of foods you *can* eat gets shorter, as your diet becomes more restricted and your rules more devoutly observed, you miss out on essential nutrients your body requires in order to be truly healthy.

It's something psychologist Jade sees all too often in her clinics. "When I work with people who have orthorexia," she says, "part of my job is to try and get them to start eating some of the foods that they forbid themselves, and the terror is just enormous." Don't believe her? Try telling someone on the paleo diet that they need to eat a lasagne for their own good. "The fact is, they need to do so because some of them are deeply malnourished. They're restricting their diets, they're not getting enough nutrients, their body is under stress, and that, clearly, isn't healthy."

ROUTINE HEALTH CHECK

At the root of the problem is the constant message that it's our unhealthy food choices that are killing us, let alone our healthy ones. Obesity is on the rise, as are

type 2 diabetes and heart disease – all of which have their roots in our deleterious diets. Everyone insists that in order to protect ourselves from these risks we need to think more carefully about our food choices. To eat more healthily. (After all, goji berries may be expensive, but the cost is negligible compared with the untold billions that overweight and obesity is estimated to cost society each year.) In this context, it's not surprising that orthorexia is reportedly growing at such an alarming pace. (It's impossible to know the exact figures, as so few people know how to recognise the symptoms, and even fewer actively seek help.)

Isn't it only natural – inevitable, even – that people will begin to obsess over what goes into their shopping baskets? "We, as a society, have lost our balance," says Jade. "Orthorexia has become normalised. The message that permeates is that if you're eating 'normally', then you're not taking care of yourself. People wear their quirky eating habits – paleo, ayurvedic, clean – like a badge of pride. And anxious people who don't feel in control, who swallow it whole, so to speak, become orthorexic by stealth." Anxious people with a #fitspo- and #fitfam-dominated timeline like me.

For months, I obsessed over the minutest detail of my diet; every gram of food that entered my body. After that, I couldn't just go back to "normal". Not only did I not want to – I'd worked too hard for my newly carved-out abs – but I'd forgotten what normal

was. This is typical of people who micromanage their nutrition, says Aragon. “Once you’ve been lean, and you have everything in your mind associated with what was necessary to achieve that, then it can be very difficult to think of doing anything else. So even though you are physically healthy, it can be traumatising,” he says.

In other words, I had overhauled my unhealthy habits, but replaced them with a set of psychologically, and potentially physically damaging, new ones. By the end, I knew that my relationship with food wasn’t healthy. That it was disordered. But still, if I “slipped up” by having a couple of beers with friends, or “cheated” by ordering dessert, I was racked with guilt.

The thing is, I still want to be healthy. I don’t just want to stuff my face with all the buttery, sugary cakes that come my way. I was only just getting to know my abs – it seems a shame to wave them goodbye, with a mouthful of crisps and empty chocolate wrapper in hand. So how can I commit to a wholesome diet without compounding my unhealthy obsession with sticking to it?

I ask Aragon for his advice. “Don’t try to micromanage your diet,” he tells me. “You can never track everything down to the most minute detail, and by trying to do so, you lose the big picture. You simply can’t see the forest for the trees.

“Try to eat predominantly whole food, but build in a margin of flexibility. Realise that if 10, or even 20 per cent of your diet comes from ‘junk’, you can still live a long and healthy life.”

The challenge now, then, is to learn to enjoy food for what it is, rather than the nutritional value it provides. And not to set rules, but create a more relaxed framework of guidelines. “Getting into a routine is fine,” says Aragon. “Just get into a routine that you like.”

So I’ve developed a new routine. It involves eating an apple in the afternoon, despite its high sugar content. Drinking a beer, or four, on a Friday night. Saturday too, maybe. And only posting pictures of food on social media that tastes as good as it looks. Because that’s healthy. And it’s the kind of behaviour I’m looking forward to obsessing over. ■



“As your food list get shorter, you can miss out on essential nutrients”



THE PALEO DIETER

ADIB BAMIEH, 34, DIRECTOR, PURE TASTE RESTAURANT

“I switched to the paleo diet five years ago. I’d spent 30 years having crap sleep, feeling uncomfortable all the time and just assuming it was normal. I went sugar, gluten and dairy free, and within six months everything got better. Once I saw the results, I started to push myself physically. I got to the point where I was netting minus 2100 kilojoules a day with the amount of exercise I was doing compared to the food I was consuming, and it all got out of hand.

“I was working in the CBD at the time. There was a big drinking culture. I stopped getting involved and I felt a considerable amount of pressure, that I was in some way disrespecting people. I used to lie and either say that I was driving so I couldn’t have

alcohol, or that I was on a certain medication – anything to try and circumvent the conversation. At business conferences that served sandwiches, sausage rolls, scotch eggs, I would just not eat. I’d take snacks, or very occasionally I’d go hungry.

“I became aware that I was becoming obsessed, and that I had to correct it all. I’m still paleo – I run a paleo restaurant – but I’m less strict with myself than I used to be. I genuinely enjoy food. I went to Milan a couple of weeks ago and I had some pasta and a couple of pizzas. Because as long as you’re not slamming your body with toxins all the time, then it can cope. You just need to make sure you’re getting it right 80-85 per cent of the time.”

SEX & THE MARRIED WOMAN

Your life changes forever when you take the plunge. See how hitched guys are managing - in good times and in bed

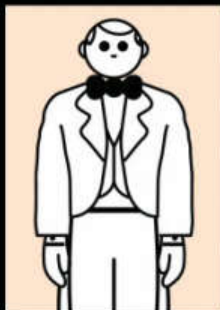
BY MIKE DARLING

You'd think a wedding ring would simplify a man's sex life. While his single friends spend their nights emptying their bank accounts in trendy bars and swiping right on Tinder, the married guy feels secure in knowing where and with whom his night ends. Then there are the other perks. "After marriage, your sex life changes for the better in several ways," says marriage therapist Dr Paul Hokemeyer. "For instance, you're having sex on a regular basis - and hopefully in a more exploratory way. You can try new things and explore the edges of your sexual preferences."

Sounds ideal. But realistic? We wanted to find out, because marital happiness often begins - and sometimes ends - in bed. "A healthy sex life early in the marriage leads to a strong intimate connection later in the marriage when the sex becomes less frequent," Hokemeyer says.

If sex is one of the pillars of a healthy marriage then how are most off-the-market guys faring behind closed doors? We surveyed more than 1200 of them to find out. Here's what they told us.

The Average Married Guy



AGE 38

MARRIED <5 YEARS

PERCENTAGE WHO'VE BEEN DIVORCED 17

PERCENTAGE WITH KIDS 74

MARITAL HAPPINESS

62

Percentage of men who are sure they married the right girl

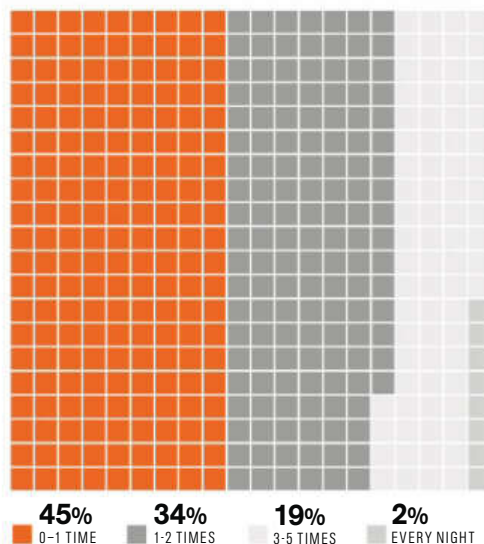
28

Percentage who now question their decision

1 in 7

Proportion of fathers who never have date nights anymore

HOW MUCH SEX MARRIED GUYS HAVE IN AN AVERAGE WEEK



THE COMPETITIVE SIDE

1 in 4

Proportion of husbands who say they married out of their league

13

Percentage of married guys who admit to being jealous of the catch a mate reeled in

68

Percentage who feel confident that their partner is the most lust-worthy in the street



► BULLETPROOF YOUR BOND

Tempted to slip away with Cindy from the mail room? These three strategies will help you resist the urge to stray

DO A REALITY CHECK

Sex with the yoga instructor might be hot – but not *that* hot. “The fantasy usually exceeds the reality,” Hokemeyer says. “It’s normal to fantasize about someone else, but keep it in your head. Actual affairs are messy and not worth those 15 minutes of sexual bliss.”

MAKE FACE TIME

If temptation strikes on the road, turn to apps like Snapchat to instigate foreplay with your wife from afar. “It’ll fight the loneliness,” says psychologist Brandy Engler, author of *The Men on My Couch*. When in transit, try a more PG distraction like Words with Friends. “The more fun you have, the better,” Engler says. “Just don’t end the conversation by whining about your day.”

UNLEASH YOUR FREAK

“If you’re the good guy all day, you may be longing to do something bad,” says Engler. And she might have the same idea. “Women also want to indulge that naughty side,” she says. “Tell her how you feel. She might say, ‘Me too.’” If so, ask her to read one of her favourite *Fifty Shades*-style passages to you, Engler says. You’ll learn what kinks she’s looking to explore – and she may feel more inspired to act on them. ►

WERE YOU SCARED TO COMMIT TO ONE WOMAN FOREVER?



PHOTOGRAPHY: CARLOZ NUNEZ

POSTNUPTIAL POT BELLY

57

Percentage of married men who've packed on weight since their wedding day

64

Percentage who say their wives have, too

76

Percentage who think their wives are just as sexy as they ever were

SEXUAL SATISFACTION

62

Percentage of couples who don't use sex toys together in bed

83

Percentage of those husbands who'd be okay with it

77

Percentage who want way more sex

HOW OFTEN MARRIED GUYS MASTURBATE



12% ONCE A DAY OR MORE
30% 1-2 TIMES A WEEK
25% 3-4 TIMES A WEEK
14% A FEW TIMES A MONTH
19% ONCE A MONTH OR LESS

TOP REASONS HE'S NOT SEEING ENOUGH ACTION IN BED

40

Percentage of men who say their wives are always too tired

36

Percentage who blame their schedules

18

Percentage of men who pin it on the kids

HIS CELEB TRYST LIST



1. SCARLETT JOHANSSON

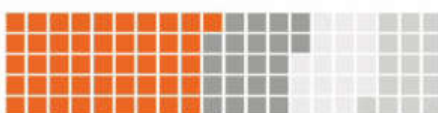


2. JENNIFER ANISTON



3. KATE UPTON

TOP WOMEN HE FANTASIZES ABOUT

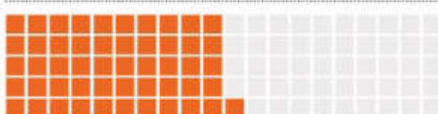


46% A STRANGER
21% A CELEBRITY
17% A CO-WORKER
16% A MARRIED WOMAN



TV star most likely to make him consider a wife swap

Sofia Vergara



51% MARRIED MEN WHO WOULD CHEAT WITH A CELEB IF IT COULD REMAIN UNDER WRAPS

THE SINGLE LIFE

21

Percentage of married guys who are jealous of single friends' sex lives

53

Percentage relieved to be out of the game

13

Percentage who think bachelorhood is sad

KEEP DREAMING:
25 per cent of guys say they hardly ever fantasise about other women.

INDULGE YOUR FANTASIES—AND HERS

Go ahead, tell her why you dream of Margot Robbie. It may save your marriage.

IT BUILDS TRUST So go ahead and spill all the dirty details to her. "People feel vulnerable and relieved when they reveal hidden sides," says Dr Gurit Birnbaum, a researcher who studies sexual fantasies.

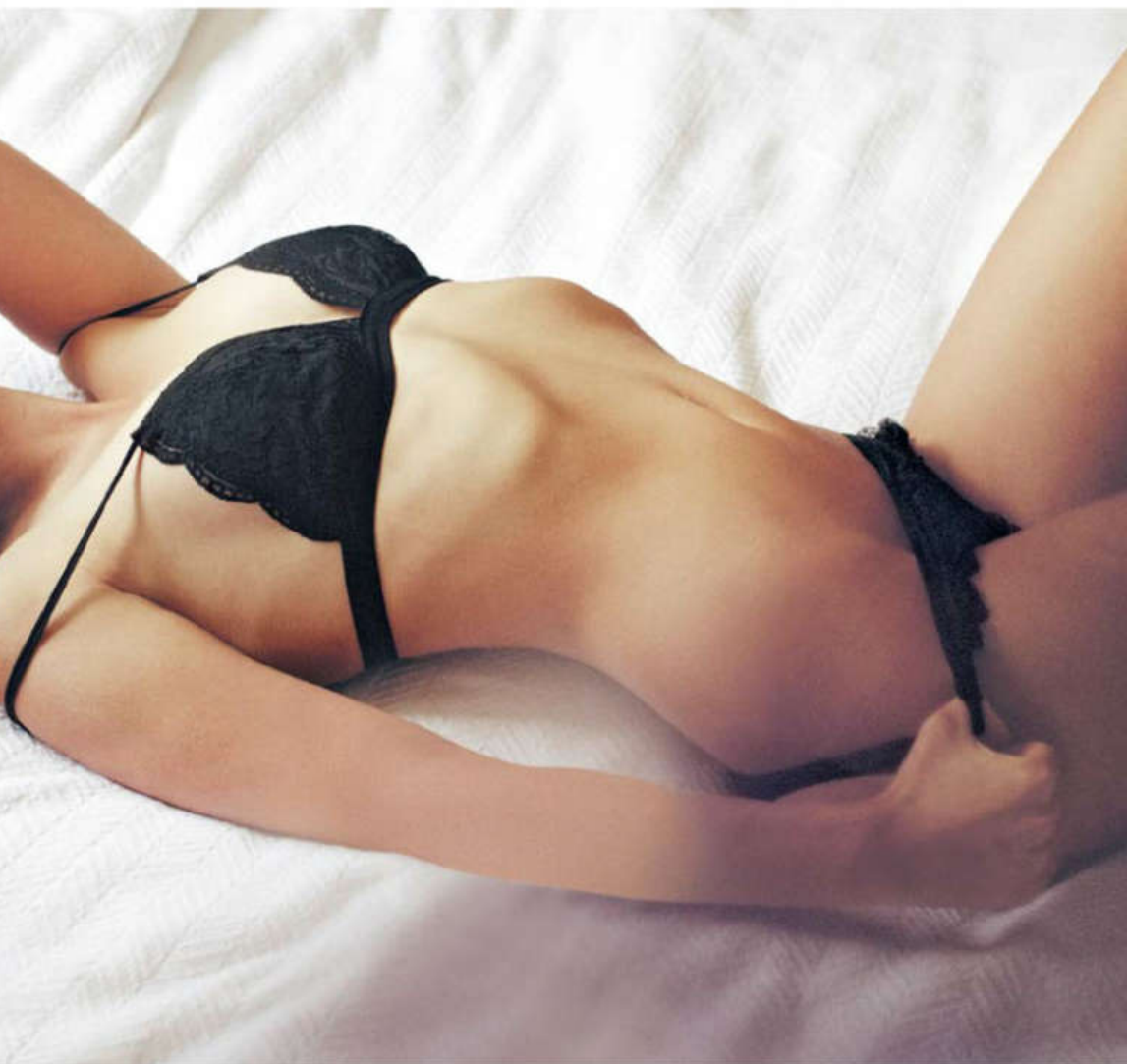
YOU'LL HAVE MORE SEX "Fantasies cause arousal to simmer throughout the day, making you both want sex in the evening," says Dr Barry McCarthy, author of *Rekindling Desire*.

SHE'LL WANT YOU MORE Desire thrives on mystery, which fantasies supply, McCarthy says. But if that mystery fades, we're often tempted to look for it elsewhere. You contain multitudes. So does she. Explore.

More Sex Instantly

Hit a bedroom rut? Try this simple strategy to renew your sexual vows

Reigniting the flame of desire is simple: first, escape the house, says sex therapist Laurie Watson, author of *Wanting Sex Again*. "Thinking about chores can put a dampener on her libido." Instead, meet her at a bar. Talk, laugh and flirt like you used to. "Gestures that communicate desirability will go a long way," says psychotherapist Dr Vinita Mehta. The "date night" idea is familiar because it works—especially when you try something new, Mehta says. By sharing novel and exciting experiences, the energy can spill over into the bedroom.



PORN HABITS

45

Percentage of married men who watch porn with their wives

40

Percentage who don't think she'd be into watching X-rated flicks

15

Percentage who've never tried watching porn with her – but say they'd consider it

HOW ADVENTUROUS HE IS



Percentage of married men who wish they had a more sexually adventurous wife



Percentage of guys who've considered an open marriage

SINGLE VS MARRIED LIFE

58

Percentage of men who think they had better sex as bachelors

40

Percentage of guys who think their single friends are still having better sex

CHEATING

1 in 5

Proportion of married men who've accused their wives of cheating on them

26

Percentage of married men who admitted to cheating on their wives

29

Percentage of those guys who were caught

▶ GIVE YOUR SEX LIFE A TWIST

Try these moves from sex therapist Debby Herbenick



BELLY FLOP

WHY IT WORKS

"You can kiss her neck or talk dirty," Herbenick says. And rear entry targets her G-spot.

PULL IT OFF

Have her lie on her stomach with a pillow under her hips, pelvis angled upward. Enter from behind, extending your arms to limit the weight on her.



SHOULDER HOLDER

WHY IT WORKS The scenery. "It's a great position for men who want a view of everything," Herbenick says.

PULL IT OFF Kneel so you're facing her as she lies on her back. Lift her legs, rest her calves on your shoulders, and pull her pelvis towards you.



SPIDER

WHY IT WORKS "She'll have more control over thrusts and movement," Herbenick says.

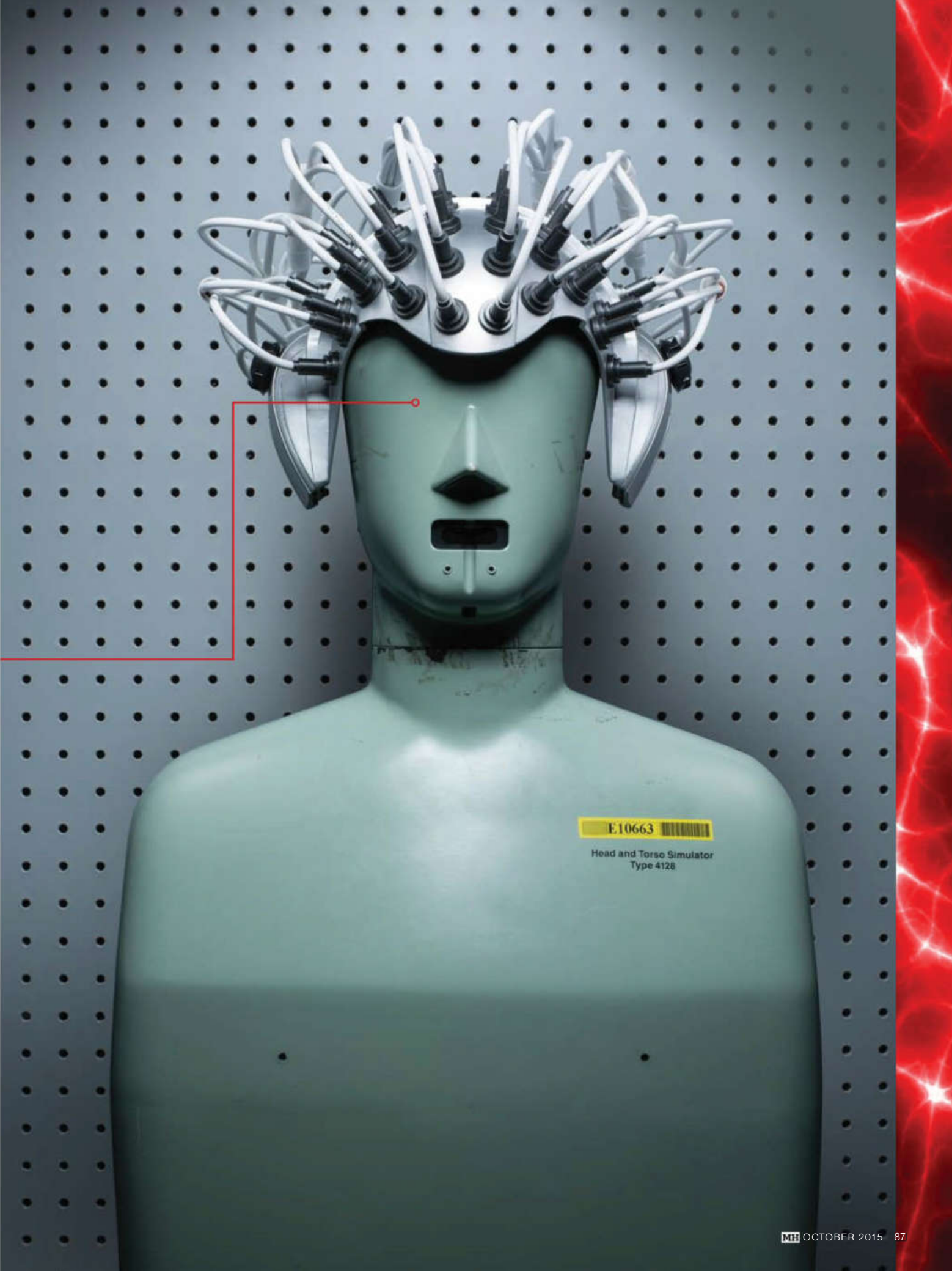
PULL IT OFF Sit with your legs extended. Lift your knees, and have her bend her knees so they're next to your chest. Lean back on your arms for support. ■

Can You Shock Yourself Smart?

With no more than a crash course in neuroscience, our writer began tinkering with his grey matter. Would you be a dummy to follow suit?

Running an electric current from a homemade device directly into your brain sounds plain stupid – but what if it might complete the circuit to a clearer, cooler head? *MH* taps into the wires ➤

BY **MATT HAMBLY** PHOTOGRAPHY BY **ROWAN FEE**



E10663

Head and Torso Simulator
Type 4128



I'm sitting at home at my desk, and in an effort to become more intelligent I'm about to electrocute myself. Attached to my right temple is an electrode. It's connected to a nine-volt battery that has another wire running from it, attached to my shoulder.

I resemble a human circuit board.

The whole, rudimentary contraption cost just over \$60 and arrived in the post days after I ordered it online. There's no instruction manual. All that remains is to flick the switch. This is "transcranial direct current stimulation" – or tDCS – and if the research is to be believed, it could be about to supercharge our brains.

The theory, expounded by everyone from academics to amateur enthusiasts, is simple. Running a constant low-level current through the brain stimulates your neurons – the pathways in the brain along which electrical impulses travel – and this increases cognitive function.

Depending on where and how you apply the current, via the placement of the electrodes, you can target different parts of your brain. Stick an electrode on your left temple to enhance your memory; slide it to the right and tinker with your motor skills.

It sounds like the kind of pseudo-science you'd expect to see in a bad Eighties sci-fi movie, and yet its exponents claim this is the cutting-edge of modern neuroscientific research.

"We've shown that we can improve the performance of subjects in basic numerical tasks," says Dr Roi Cohen Kadosh, lead researcher at Oxford University's

department of experimental psychology. "We can improve the speed of learning and we've shown that, at a neural level, the effects are long lasting, too."

A big promise, and it gets bigger: in a study published in the *Journal of Neuroscience* last December, Cohen Kadosh showed that using tDCS not only improved the performance of subjects tasked with solving maths problems, but also reduced their levels of the stress hormone cortisol by up to 20 per cent.

If this research turns out to be replicable, it means you could make yourself smarter and calmer at the turn of a dial.

I don't know about you, but that sounds mighty appealing to me. I'm no fool, but when it comes to even the simplest of sums, such as splitting a bill, my mind goes blank. I'm young, fit and able, yet when it comes to names, I have the memory of a sleep-deprived goldfish. And I may not be tearing my hair out, but a cloud of low-lying stress permanently casts its sinister shadow over me both in the office and, more worryingly, at home.

So if the only thing standing between me and the mind of a cool, calm and collected Mensa-master is a square battery, why not get wired?



“With careful placement of electrodes we can double the rate at which soldiers learn”

The Mind Map

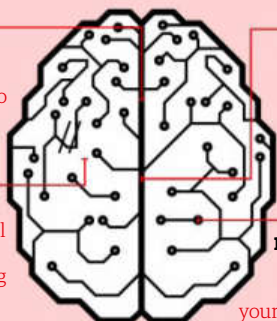
Where the advocates direct their currents

Sharp focus

An electrode here will help to lengthen your attention span

Better memory

Enhance verbal recall and find it easier to bring names to mind



Quick thinking

Crank your cognitive-processing powers up a gear here

Self motivation

Stimulate this area to boost your get-up-and-go

SHOCK TO THE SYSTEM

I still can't shake the feeling that zapping myself with electricity sounds like the behaviour of the kind of fool who would benefit most from doing so. With that in mind, I visit Cohen Kadosh at his lab. How is this different, I ask him, to the kind of barbaric practices represented in the closing scenes of *One Flew Over the Cuckoo's Nest*?

"In the past, with something like electroconvulsive therapy, the level of current applied was so strong it forced the neurons to fire, altering brain function," says Cohen Kadosh. "In our case, tDCS makes them more *likely* to fire."

Instead of frazzling your brain, a gentle current coaxes your neurons into action; it encourages them to make new connections. But the only way to get my head around the idea, says Cohen Kadosh, is to test it out.

I'm led into a small room that resembles a doctor's surgery. Cohen Kadosh's assistant, Amar, places the electrodes – small sponge pads – on the side of my head and base of my skull. Both are wet, he explains, with saline solution, "to reduce resistance and aid conduction".

The tDCS machine whirrs on and after a minute I sense a tingling where the electrode is placed. It feels like mild sunburn. Nothing happens at first, but when Amar alters the way in which the current is delivered, I see flashing lights in my peripheral vision. I look up, expecting the strip lighting to be flickering, but I'm told that what I'm actually seeing is a phosphene, the phenomenon of "light without light". In short, the

current is stimulating my visual cortex, making me see stars. This initially triggers a mild anxiety, but this quickly dissipates and I feel oddly peaceful. Ten minutes later, Amar turns the machine off. The tingling stops.

"You seem to have a high tolerance," says Cohen Kadosh. He explains that what they're doing here is running me through the different ways in which direct current can be applied to the brain, either feeding it

in as a constant or modulating it to deliver short spikes. This first session is not enough to boost my intellect – that would require more bursts over an extended period of time – but it has certainly given me a taste of the procedure's pacifying properties.

As I walk back through town to the train station, I try to analyse my thoughts, to take stock of my mental state. Do I feel more alert, more focused or in any way smarter? The answer, I decide, is no. But more relaxed? Markedly so.

MILITARY INTELLIGENCE

There are groups out there prepared to invest a huge amount into tDCS studies.

Their aim is not to enable you and me to split a restaurant bill with ease, but to manufacture a generation of elite super-soldiers. Neuroscientist Michael Weisend has been experimenting with tDCS in conjunction with the US military to help members of their Air Force learn faster.

"We demonstrated that by careful placement of electrodes in a controlled study, we can double the rate of learning in people being taught to identify targets in grainy, black and white images," says Weisend. The idea is to enable military personnel to assess threats, then eradicate them with minimum collateral damage.

The US Defense Advanced Research Projects Agency has funded similar trials at the University of New Mexico: volunteers who received two milliamps to the scalp improved in controlled tests twice as much as those given one-twentieth of the current. If its funding strategies are anything to go by, the US Department of Defense believes that tDCS could give its soldiers an edge in life-or-death combat scenarios.

It's worth acknowledging that the tDCS current in itself won't improve performance; its power is only absorbed when applied during training exercises.

"This isn't a magic bullet," Cohen Kadosh says. "The tDCS needs to be coupled with practice and applied learning. It's similar to using supplements but not going to the gym. The drugs alone won't build muscle." Used together, though, tDCS and tuition could halve training time for drone pilots. "There's no real ceiling for results," Weisend tells me. ➤



**The results
are tangible.
I can answer
pub trivia
questions and
my attention
span improves**

SELF-MADE BRAINS

The findings of Cohen Kadosh and his more military-minded colleagues in the US are being keenly followed by a growing group of amateur enthusiasts. A quick Google search reveals a global community of self-zappers. Not for them the hallowed halls of Oxford University: these are entirely unacademic people wiring themselves up to homemade kits.

The internet is awash with sites dedicated to it. Some provide step-by-step guides on the process, others offer crash courses in neuroscience, and a multitude of YouTube channels exist explaining the manifold ways to build your own device at home. Not a hands-on kind of guy? Order a kit online, from any one of the companies promising to "increase your concentration and offer relief from depression, anxiety and even migraines".

This is a cottage industry powered by those convinced of the efficacy of these simple, battery-powered apparatus. JD Leadam is the 25-year-old founder of Neurolectrics Inc. He markets a gadget called the Brain Stimulator.

Leadam is no neuroscientist, but an entrepreneurial DIY tDCS practitioner. "Frankly, ever since I discovered tDCS, I've found every aspect fascinating," he says. "My first homemade device helped me pass my senior year of university. I could recall exact paragraphs of text in tests. Now I use it to help cope with the stress and anxiety of running a business." (The irony here appears to be somewhat lost on him.)

Leadam's sales pitch is persuasive, but it's hard to know how effective such a rudimentary machine is without trying one out. And while I thought I might have felt something in Cohen Kadosh's lab, I can hardly pop into an Oxford research lab whenever I fancy a pick-me-up. So I search online. A week later, I'm the proud owner of a machine from *tdcs-kit.com*.

So here I am, alone at home, about to electrocute myself. I call Cohen Kadosh for

a last-minute pep talk. It does not go as hoped. "I wouldn't say homemade devices are completely safe," he tells me. "We don't know what the long-term effects are." With two electrodes stuck to my temple and shoulder, I decide to throw the doctor's caution to the wind and press "go". As in the lab, I feel nothing at first. Then, after a minute, I begin to experience the familiar itching. It stays that way, teetering on the edge between discomfort and bliss, for the 15 minutes until I switch off. So far, so safe.

As Cohen Kadosh had focused on numerical tests in his research, I decide to do the same. Prior to plugging in, I complete a maths test online. Consisting of 35 multiple-choice questions, the aim is to answer as many as possible in 10 minutes, striking a balance between accuracy and speed. Cohen Kadosh had reported that tDCS appeared to have a greater positive effect on those who were completing a task in an area they were not particularly good at. Arithmetic it is.

The first time I take the test I finish 23 questions. As I wait for my 15 minutes of tDCS to finish I feel at first relaxed, then fidgety. By the time it's over I feel confident and ready to go again. I speed through the new questions and when the timer sounds I'm pleased to see that I've finished 31. That is, until I see my score.

In the first test, of the 23 I answered, I got 18 right. The second time I score just 19. Despite getting through seven more questions, my score only increased by one point. In percentage terms I've dropped

from 78 per cent to 61 per cent. I felt focused, wired even, like you might after a can of Red Bull. But smarter? Apparently not.

DANGER: HIGH VOLTAGE

My results come as no surprise to Jared Horvath, a former Harvard Medical School brain researcher, now completing a PhD in neuroscience. In a review of over 100 tDCS studies, Horvath and his team found little to convince them that the procedure works – whatever Cohen Kadosh *et al* might argue.

"When I started researching tDCS I was psyched," he tells me. "But after a couple of years I couldn't find anything. I decided to go back through every study ever published on it and found nothing reliable. I'm not saying that the machine doesn't do anything, but the data, as it stands over the last 15 years, says nothing."

One sentiment that all the experts agree on is that as far as DIY tDCS goes, scientists still know little about its long-term effects on the brain. "The devices on sale on the internet are cute and all, but they don't use scientific principles to guide where the stimulation is going or match it with a task," says Weisend. "They're a one-size-fits-all attempt to put electricity through someone's head."

The US Food and Drug Administration, which would normally regulate devices of this nature in the US, where most are manufactured, doesn't monitor the machines because they aren't marketed as having any medical benefits. "It's like the Wild West," says Cohen Kadosh. A cursory scan of the Reddit tDCS forum

suggests the same. There are reports of burns, the onset of mild depression and, in one case, temporary blindness. (Reports suggest the person in question used copper coins pressed to his temples as conductors, rather than the standard gel pads.) Still, what I'm doing with my own home kit, it would seem, is taking a shock in the dark.

AMPED-UP RESULTS

Despite this, over the next two weeks I use the tDCS machine regularly, and try completing tasks while wired up. Over time I start to see tangible results. I can recall names, places and answers to pub trivia questions; my attention span improves; my scores on mental arithmetic tests creep up.

Is this a placebo? Possibly. After all, on my visit to Oxford, Cohen Kadosh mentioned a patient who fainted as a result of what they thought was a tDCS trial. In fact, they were part of a control group that had no current applied to their brains.

Ultimately, tDCS has huge potential, but it's far from understood. "People think, 'I'll just put it on and start stimulating', but they don't take into account that it needs to be paired with cognitive training," says Cohen Kadosh.

Weisend, too, believes we haven't seen tDCS machines rolled out *en masse* because "there isn't a single scientifically proven device out there that you can slap on and use". Well, not outside multi-million-dollar university labs.





As for me, I'll take the alertness that my contraption induces over a strong coffee or a decent sleep

any day. I've found that shooting a current into my skull is a way of rolling relaxation and self-improvement into one. I've seen enough to convince me to continue my tDCS – at least for the short term – along with some applied learning, be it reading or a crossword.

As Horvath says: "The last 15 years have been phase one: people getting excited about seeing what it can do. Now we need to put in the work." Perhaps it's time to plug in again. ■

Luddite Brainpower

Jump-start your mind without wiring up, says cognitive neuroscientist Dr David Wilkinson

 <p>Get cold feet Plunging your feet in icy water (0-20°C) for one minute has been found to trigger "hyper arousal" in your brain, improving visual function and attention to detail.</p>	 <p>Change tracks Singing has a duet of benefits for your brain. Not only does it activate the limbic structures, elevating emotion and aiding cognitive function in the process, it also aids your powers of concentration.</p>	 <p>Busy yourself Feeling "socially powerful" increases your creativity and ability to prioritise, harnessing your full mental bandwidth. Planning a complex event, such as a buck's night, will benefit you.</p>	 <p>Be ambitious The mere act of feeling motivated increases your cognitive capacity, as it channels more resources towards achievement. Set small goals to tap into new reserves of mental energy.</p>
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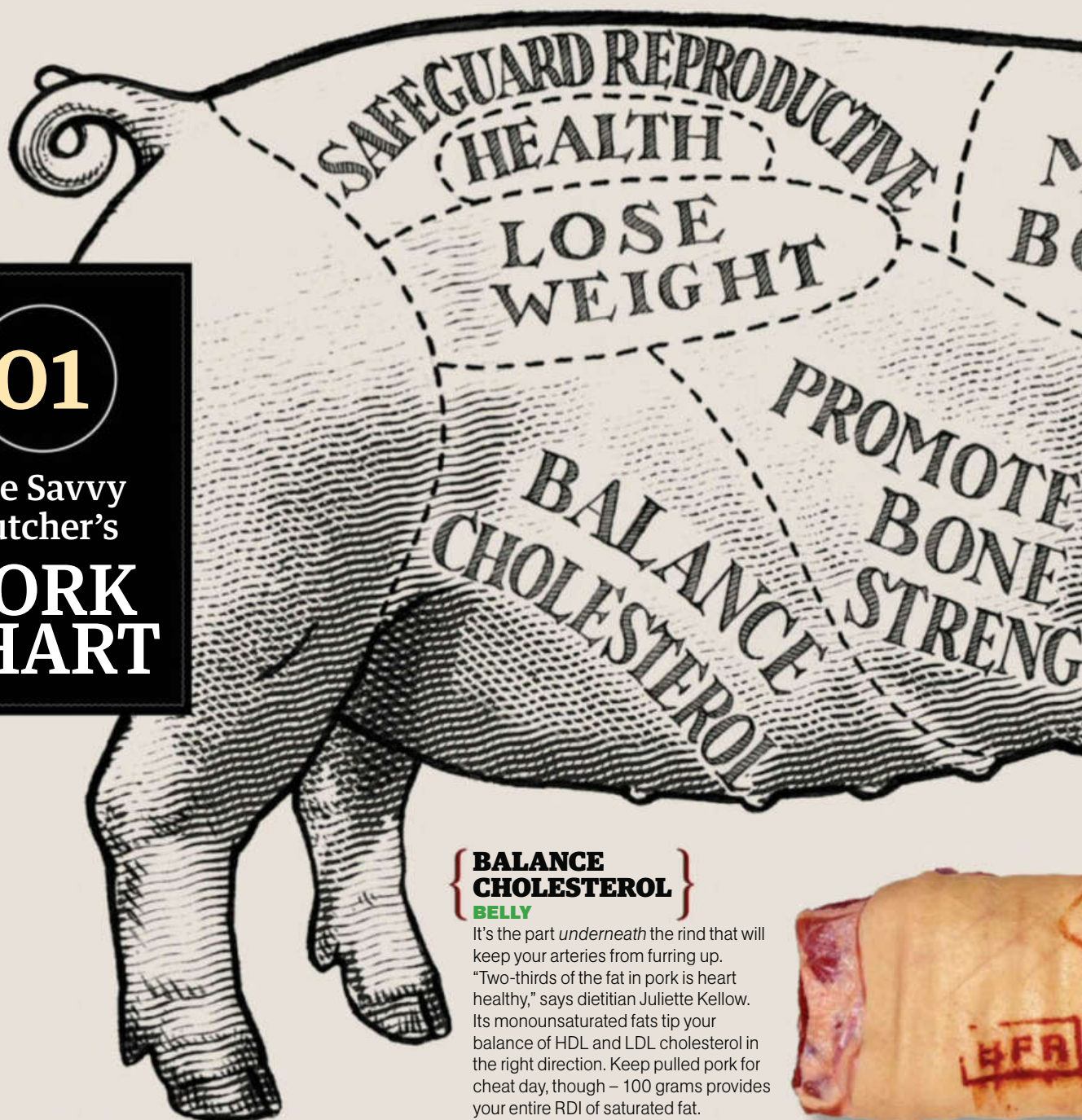
A Cut Above

{ GETTING THE MOST FROM YOUR MEAT MEANS LOOKING AT ITS IMPACT ON MORE
THAN JUST YOUR TASTEBUDS. UNLOCK A WHOLE MENU OF BENEFITS TO BODY
AND BRAIN WITH OUR GUIDE THAT REDRAWS THE LINES OF BUTCHERY }

BY TOM BANHAM ILLUSTRATIONS BY DAVID LAWRENCE

01

The Savvy Butcher's PORK CHART



{ **BALANCE CHOLESTEROL** }

BELLY

It's the part *underneath* the rind that will keep your arteries from furring up. "Two-thirds of the fat in pork is heart healthy," says dietitian Juliette Kellow. Its monounsaturated fats tip your balance of HDL and LDL cholesterol in the right direction. Keep pulled pork for cheat day, though – 100 grams provides your entire RDI of saturated fat.

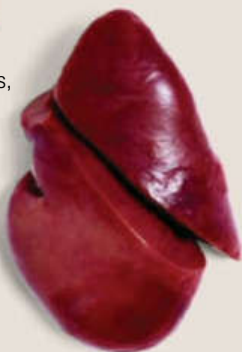


{ SAFEGUARD REPRODUCTIVE HEALTH }

KIDNEY

Forget the beast with two backs, one pig kidney offers more than your RDI of selenium for developing strong sperm.

"It's vital for male reproductive health," says nutritional therapist Jackie Lynch. Pan fry for a natural selenium shot.



{ LOSE WEIGHT }

FILLET

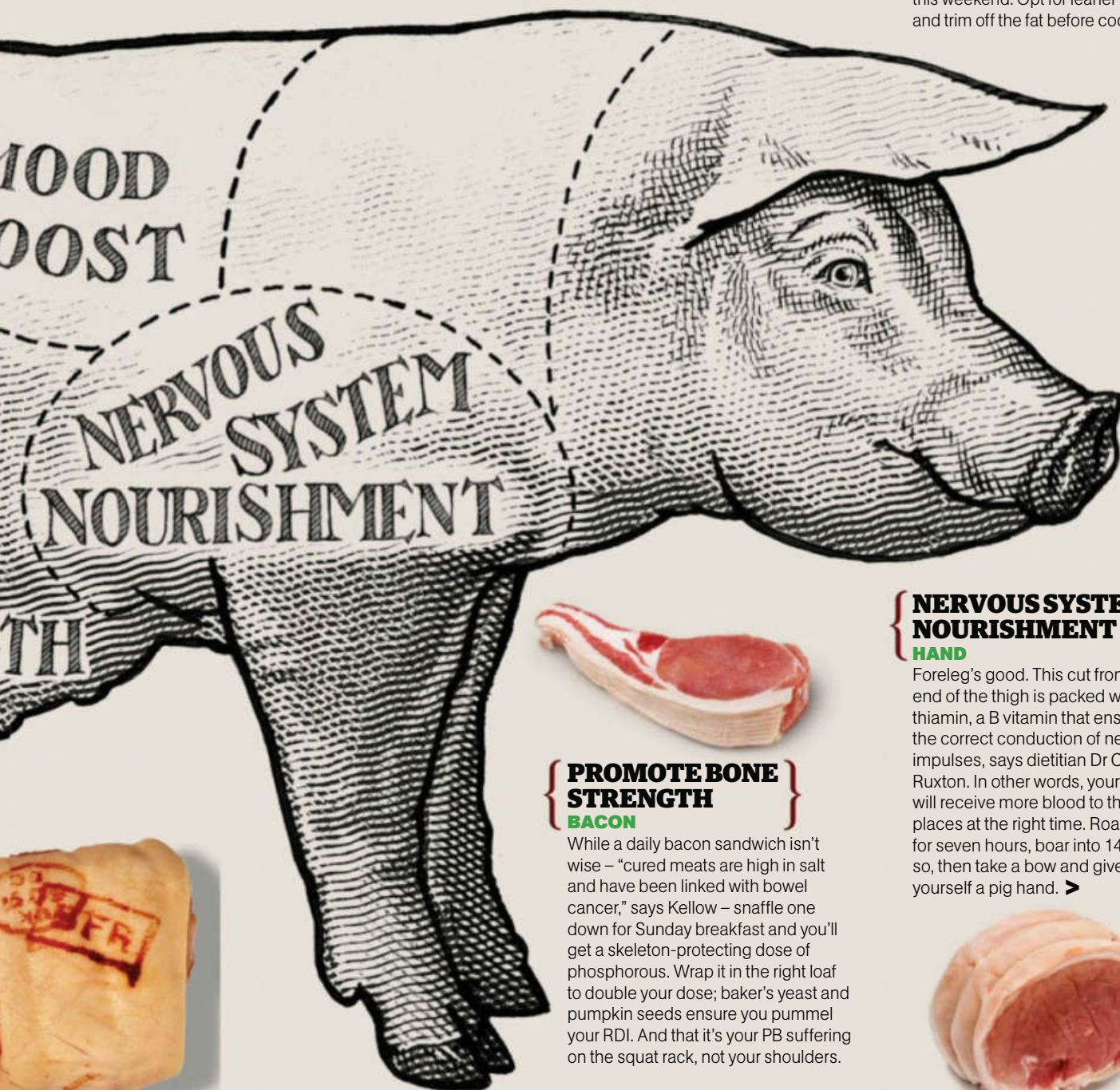
If piglets naturally nuzzle into your belly, it's time to include this cut in your diet. Pork fillet boasts a lower fat percentage than skinless chicken breast while the muscle-fuel acts as an appetite suppressor. "Grill under a hot heat," says James Mansfield, founder of meat delivery company Field & Flower.



{ MOOD BOOST }

CHOP

Turkey has a rep as the *Prozac* of poultry, but levels of tryptophan – which the body fashions into serotonin – are actually higher in pork. A study published in the *FASEB Journal* found consuming tryptophan with vitamin D boosts serotonin concentrations in the brain – your excuse to break out the barbecue this weekend. Opt for leaner cuts and trim off the fat before cooking.



MOOD
BOOST

NERVOUS
SYSTEM
NOURISHMENT

TH



{ PROMOTE BONE STRENGTH }

BACON

While a daily bacon sandwich isn't wise – "cured meats are high in salt and have been linked with bowel cancer," says Kellow – snaffle one down for Sunday breakfast and you'll get a skeleton-protecting dose of phosphorous. Wrap it in the right loaf to double your dose; baker's yeast and pumpkin seeds ensure you pummel your RDI. And that it's your PB suffering on the squat rack, not your shoulders.



{ NERVOUS SYSTEM NOURISHMENT }

HAND

Foreleg's good. This cut from the end of the thigh is packed with thiamin, a B vitamin that ensures the correct conduction of nerve impulses, says dietitian Dr Carrie Ruxton. In other words, your heart will receive more blood to the right places at the right time. Roast low for seven hours, boar into 140g or so, then take a bow and give yourself a pig hand. ➤



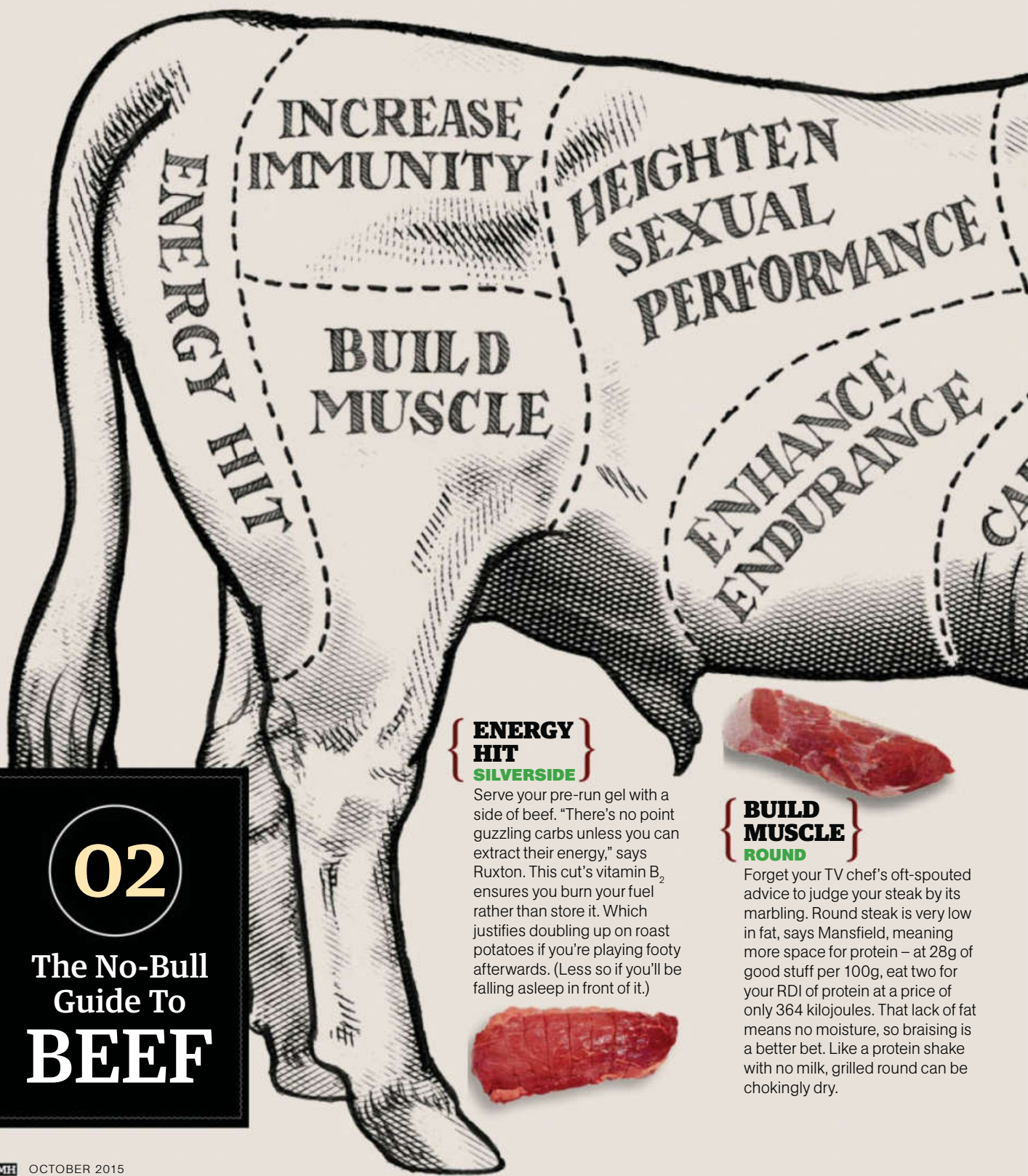


{ INCREASE IMMUNITY }

RUMP

While you're down with man flu, the ambitious intern is eyeing up your desk. Rump will outflank him better than Lemsip. "Beef is the best source of iron and zinc," says dietitian Gaynor

Bussell. Crucially, the latter supports your immune system and shortens colds when taken daily. Your dose is 10 milligrams; in other words, a 170g steak a day keeps the sniffles away.



ENERGY HIT

INCREASE IMMUNITY

BUILD MUSCLE

HEIGHTEN SEXUAL PERFORMANCE

ENHANCE ENDURANCE

CAR

{ ENERGY HIT }

Serve your pre-run gel with a side of beef. "There's no point guzzling carbs unless you can extract their energy," says Ruxton. This cut's vitamin B₂ ensures you burn your fuel rather than store it. Which justifies doubling up on roast potatoes if you're playing footy afterwards. (Less so if you'll be falling asleep in front of it.)



{ BUILD MUSCLE }

Forget your TV chef's oft-spouted advice to judge your steak by its marbling. Round steak is very low in fat, says Mansfield, meaning more space for protein – at 28g of good stuff per 100g, eat two for your RDI of protein at a price of only 364 kilojoules. That lack of fat means no moisture, so braising is a better bet. Like a protein shake with no milk, grilled round can be chokingly dry.

02

The No-Bull Guide To BEEF



HEIGHTEN SEXUAL PERFORMANCE

T-BONE

Cholesterol gets a bad rap, but cut it out entirely and expect problems between the sheets – without it, the body can't create testosterone. Nina Teicholz, author of *The Big Fat Surprise*, points out that 150 years ago, T-bone was a breakfast staple. That may be a tad extreme, but a weekly indulgence will get you bigger and stronger in another area where it matters.



CARDIOVASCULAR PROTECTION

HEART

In a literal example of “you are what you eat”, tucking into a cow's ticker can add years to yours. It's thanks to a curative combo of magnesium – to lower your coronary risk by a fifth, according to Harvard School of Public Health – and taurine, which a study in the journal *Amino Acids* found reduces your blood pressure in a week if eaten daily. “Marinate in red-wine vinegar, olive oil and herbs,” says Mansfield. “Then slice and grill for two minutes on each side.” Think of it as a heart-saving jerky substitute (and with 17g of protein per 100g, you'll get a muscle boost, too).



ENHANCE ENDURANCE

LIVER

Swallow your sportsmanship along with your morals and tuck into calf's liver before your next ride. It's twice as iron-rich as lamb's liver, says Lynch, which means your body can manufacture more red blood cells to pump more oxygen to your screaming muscles on that mountain stage. Think of it as less-frowned-upon EPO.



BOLSTER BRAIN HEALTH

CHUCK

If your stomach turns at the sight of fishy scales, you can still get your dose of brain-boosting fatty acids without beheading the day's catch. But provenance is key. “Grass-fed beef contains omega 3, whereas grain-fed beef has less of the good stuff, and more omega 6 and 9,” says nutritionist Ian Marber. The first cuts internal inflammation; the last two can increase it. Ask your butcher for 100 per cent grass-fed beef to get the biggest benefits. ➤

03

The Connoisseur's LAMB CUTS



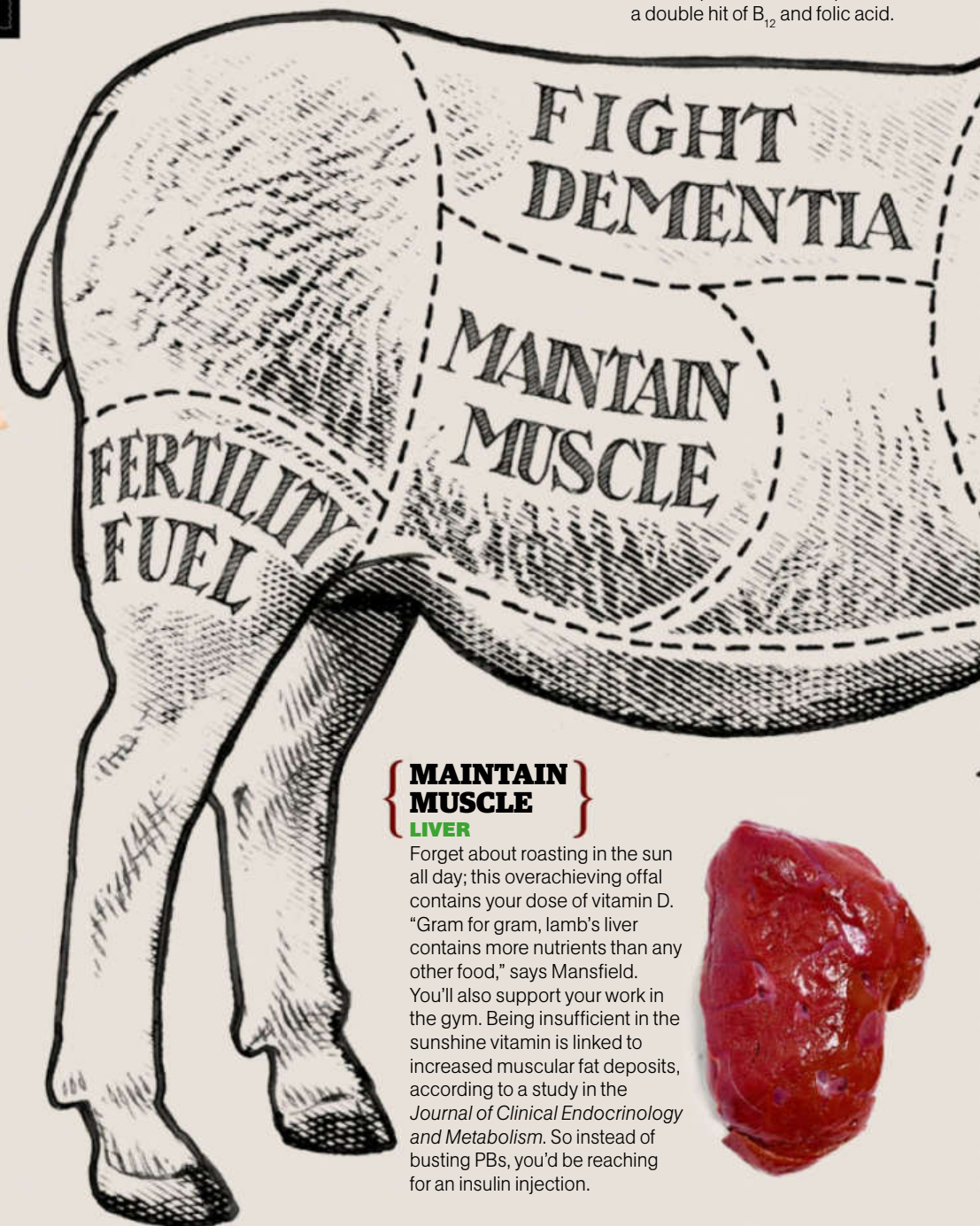
{ FERTILITY FUEL } SHANK

If your swimmers are more "Eric the Eel" than Ian Thorpe, a lamb shank could improve their performance thanks to its high L-carnitine content. Scientists from Hebei Medical University in China found it improved sperm's motility – that is, its ability to move through the female reproductive system – and increased pregnancy rates. Slow cook your shank with red wine and orange; the fruit's vitamin C prevents sperm sticking together and missing their target, according to research published in the *Journal of Medicinal Food*. It's fatherhood in a Le Creuset. Slow cooking will ensure the heat-sensitive vitamin C won't break down (and will make the meat taste better as a bonus).



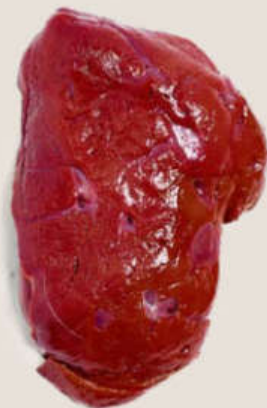
{ FIGHT DEMENTIA } CHOP

Upping your folic acid intake chops down blood concentrations of homocysteine, a protein linked to heart disease and dementia. Vitamin B₁₂ ensures the good stuff's speedily absorbed and together they produce the catchily named mood-booster S-adenosylmethionine. If you're not already halfway through a chop by now, add this: it could also be a potential treatment for depression, according to the *Journal of Psychopharmacology*. Two chops with broccoli provides a double hit of B₁₂ and folic acid.



{ MAINTAIN MUSCLE } LIVER

Forget about roasting in the sun all day; this overachieving offal contains your dose of vitamin D. "Gram for gram, lamb's liver contains more nutrients than any other food," says Mansfield. You'll also support your work in the gym. Being insufficient in the sunshine vitamin is linked to increased muscular fat deposits, according to a study in the *Journal of Clinical Endocrinology and Metabolism*. So instead of busting PBs, you'd be reaching for an insulin injection.





{ NURTURE NEUROLOGICAL BRAIN }

It's probably not one for a romantic dinner, unless you're called Hannibal, but this French delicacy, known as *cervelle*, provides a fifth of your daily copper, which ensures elements like selenium and iron are processed properly, as well as supporting the development of brain synapses and circuits, according to the University of California at Berkeley. Braise it to keep your heart as healthy as your head. Soak for two hours then poach for 10 minutes in vinegared water and leave to cool. Either slice and add to salads, or quarter, breadcrumb and deep fry for a more indulgent slice of grey matter.



{ FIGHT FATIGUE SHOULDER }

A 150g serving of lamb shoulder provides half your RDI of niacin, a B vitamin that research has linked to improved cholesterol and reduced cardiovascular risk. It also combats fatigue, says Ruxton, by helping convert proteins and fats into energy. Slow roast with rosemary and olive oil to double up your HDL-boosting potential with healthy fats.



{ TOUGHEN UP MARROW }

When you're taking a beating at the hands of your dojo master, you're going to want vitamin K in your system. It ensures your split eyebrow clots quickly, says Lynch, and that your forearm doesn't splinter when you're protecting yourself from his fists of fury. You could get your RDI from kale, or you could roast animal bones and smear their bubbling marrow onto bread. We know which is more MMA-appropriate. ■



> PEAK PERFORMANCE



IT'S A RAZOR-THIN LINE BETWEEN LIFE AND DEATH ON EVEREST. AFTER FACING HIS OWN TRAGEDY ON THE MOUNTAIN, **GUY COTTER** EMERGED A MORE CAPABLE MAN. USE HIS LESSONS TO SCALE YOUR OWN HEIGHTS BY **AARON SCOTT**



GUY COTTER HAS ALWAYS BEEN DRAWN TO THE HIGH POINTS ON EARTH.

As a boy growing up in Christchurch, he used to catch the rail car up to Arthur's Pass and spend his weekends amid the stone peaks of New Zealand's Southern Alps. At the age of 14, he completed a 10-day

traverse of the Alps from

Arthur's Pass to Mt Cook, 240 kilometres to the south. Those 10 days of hard labour in snow and ice fired his imagination. He promptly quit school, left home and moved to the hamlet of Mt Cook where he honed his mountaineering skills on the treacherous slopes of New Zealand's highest peak.

Within a decade, Cotter was working for Adventure Consultants, a high-altitude guiding company owned by his childhood friend Rob Hall. In 1992, the two men guided the first-ever commercial expedition to the summit of Everest. In an era when the ratio of deaths to successful summits on Everest stood at 1:4, guiding a group of amateurs to the highest point on Earth was a stunning success.

Cotter smiles as he recalls these triumphs. A staunch and undemonstrative character, his hair now greying, his cheeks chiselled by decades of high-altitude suffering, it's a rare show of emotion.

For Cotter, mountains have always distilled life down to its essence. In a world of petty rules and regulations - of fences and stop signs, of parking meters and tax returns - mountains are places of unfettered freedom. "I love how tangible, how real things are in the mountains," he says, his huge, hard hands wrapped around an early morning long black in a Christchurch cafe surrounded by the mighty cranes and pounding drills of a city rebuilding. "In many ways, we live in a false world these days, so to actually do something that is real and meaningful is very empowering. The mountains teach you what's really important and what isn't; you make decisions that have a direct impact on whether you live or die. It's very, very real."

The question is, what do you do when the wrong decisions are made? How do you react when things turn dark? And how do you claw your way back to the top when you're haunted by a fall from the greatest heights of all?

TURN SHIT INTO SUGAR

Four years after that glorious 1992 expedition to the summit of Everest with Hall, Cotter witnessed an event so horrific it has gone down in mountaineering history simply as the '96 Disaster. Documented by Jon Krakauer in his classic book *Into Thin Air*, and stunningly portrayed in the new film *EVEREST* (Cotter's character is played by Sam Worthington; the film will be released on September 17), this tragedy saw a collection of climbers stranded in Everest's "death zone" above 8000 metres while a shock blizzard engulfed the mountain. By the time the winds eased and the clouds lifted, eight climbers were dead.

As the disaster unfolded, Cotter was leading another expedition up the 7161m shard of Pumori, just 8km to the west of Everest. He was at Pumori base camp as Hall's Adventure Consultants' expedition approached Everest's summit; he could see the tiny dots labouring along the summit ridge. He radioed in his congratulations to his mate, then set about breaking camp. Two hours later, word came through that Hall was still on the summit. The news hit Cotter like a fist. Even on a good day, a climber would spend no more than half an hour on the summit before retreating back down the mountain. And this was no good day - to the south Cotter could see a nasty cold front brewing. "It was dark, it was menacing, and it was moving our way very, very quickly," he recalls.

Cotter laced on his boots and barrelled the 8km to Everest base camp. By the time he arrived, the skies were black and merciless winds were lashing the tents with snow and ice. He radioed up to Hall. His friend was still on the south summit, deep in the "death zone", desperately trying to get his stricken clients down. As the night passed, the two stayed in radio contact. Cotter pleaded with Hall to start climbing down. Hall told him that his oxygen mask was choked with ice, that his frostbitten hands wouldn't allow him to negotiate the ropes.

By the following morning, Hall was still on the south summit, his oxygen gone, his hands and feet frozen solid. He asked Cotter to patch him through to his wife on the base camp satellite phone. "Sleep well, my sweetheart," Hall told his pregnant wife. "Please don't

worry too much." Those were the last words anyone would hear him utter. Twelve days later, Hall's frozen body was found partly buried under a snowdrift on the south summit.

Put yourself in Cotter's shoes. What do you do after watching a mountain snatch the lives of eight people? After talking to your childhood friend as he freezes to death, listening to his oxygen-starved voice croak through iced lips as he farewells his wife?

Most men would toss out their boots, cut up their climbing ropes and turn their back on mountains forever. But not Cotter. He took ownership of Hall's Adventure Consultants business and, the following year, led another expedition to the summit of Everest. In the years since, he's climbed Everest on two more occasions, while bagging a host of other notorious Himalayan peaks.

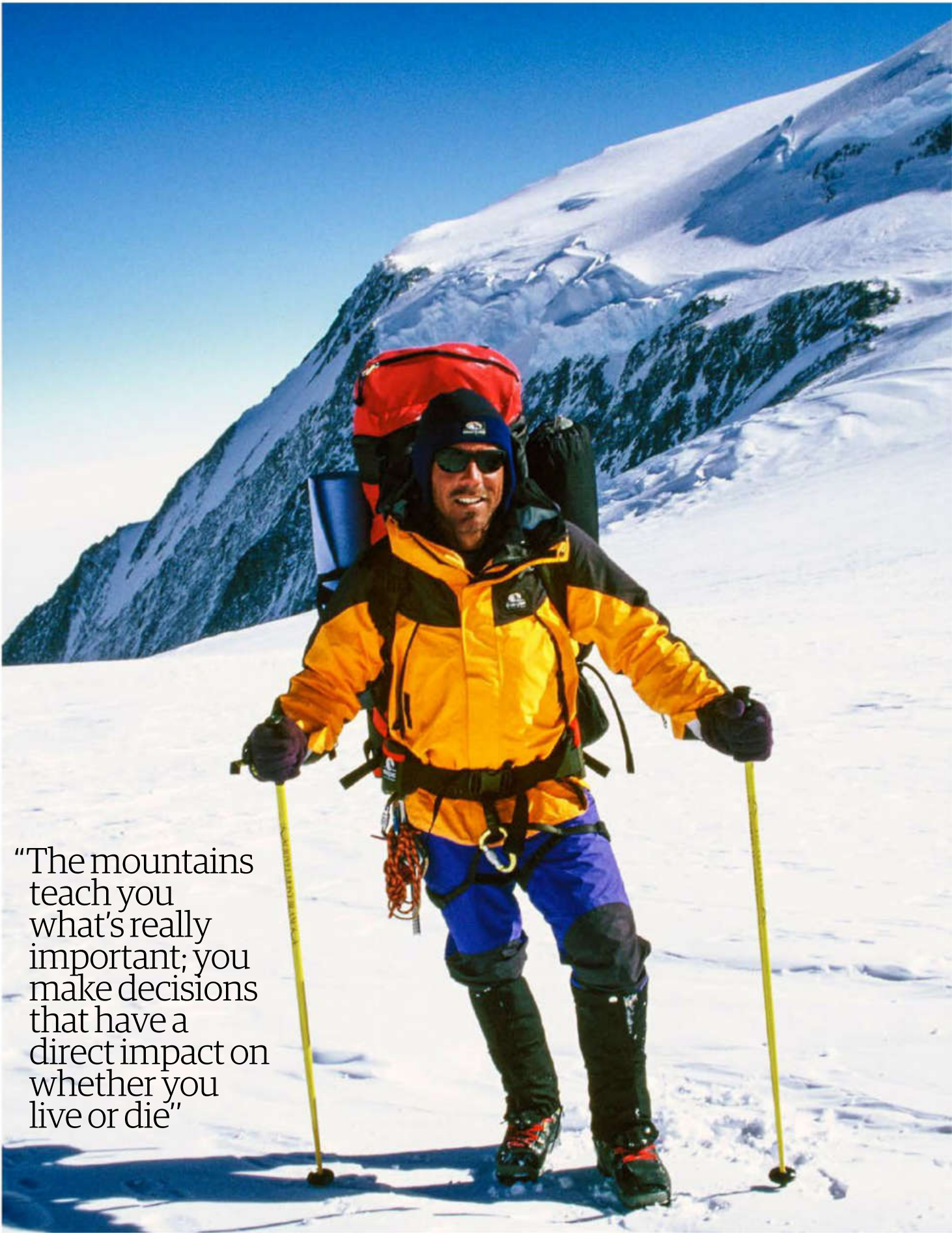
That '96 Disaster proved a moment of regeneration for Cotter. He didn't endure the tragedy - he used it as a catalyst for growth. He didn't shrink in the face of his fears - he stared them down until they scuttled out of sight. And you don't have to be a snow-scoured alpinist to see the value of these qualities.

CHERISH THE CHALLENGE

When the storm finally lifted in 1996, the survivors straggled down from the high camps and gathered at base camp. Realising that this would be the last time they were all together, they stood in a circle, surrounded by the wind-whipped tents and tattered Nepalese prayer flags, and conducted a wake to farewell the dead. Cotter stood and delivered a brief eulogy for Hall. "It was," he says, staring down at his coffee, "a cathartic moment."

Cotter admits that the '96 Disaster rocked him - but he refuses to ruminate on the dark emotions of that time. "Yes, you definitely get affected by the loss of friends. It's a hard aspect of mountaineering. And it's happened a lot through my career - I've seen a lot of friends pass away in the mountains. But at the same time there's no surprise there."

In his estimation, the '96 Disaster was a tragedy - but it wasn't a tragedy visited on innocents. The climbers knew the risks; they understood the ever-present threat of death on Everest. But they were there because they relished that challenge and were enlivened ➤



"The mountains
teach you
what's really
important; you
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direct impact on
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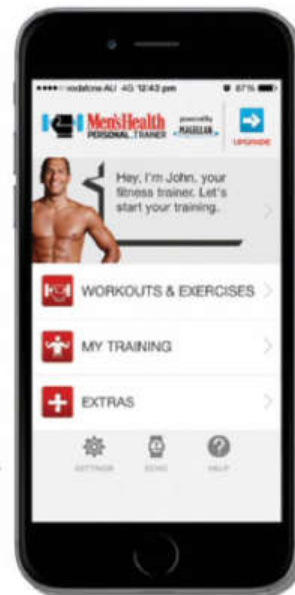
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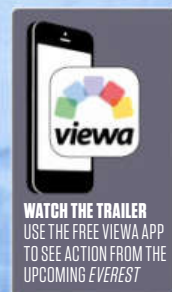
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Frost fright:
the film *EVEREST*
is a powerful
portrayal of what
Rob Hall (played
by Jason Clarke)
and his climbers
endured in the
'96 Disaster.



by those risks. "Now, that doesn't make the tragedy any easier," says Cotter, "and it doesn't make it any nicer. But the fact is, these risks are a part of mountaineering."

It's a hard fact that points to a larger truth about how we choose to live our lives. "How do you want to live?" asks Cotter. "Do you want to live your life with extremes, where you experience the full spectrum of human emotion and endeavour? Or do you want to try and hide from the fact that you're going to die and be content with a happy, simple, easy life?"

For Cotter, it's a no-brainer. But he's quick to clarify: experiencing the full spectrum doesn't equal the reckless pursuit of risks. He doesn't charge headlong up mountains to bag summits while grinning manically in the face of death. He climbs to share experiences in extreme conditions, to make decisions under acute duress, to face challenges and overcome them. Summits are simply the by-product of all this.

"See, it's not a question of whether you're going to face challenges in your life," he says, "it's a question of how you respond to them. If you don't place those challenges in front of yourself, you're not going to know how you respond to them. You're not going to develop and evolve as a person."

These challenges can be diverse - climbing a mountain, starting your own business, fathering a child - but if you elect to avoid them, you'll never grow.

OWN YOUR OBSTACLES

The '96 Disaster drilled home to Cotter just how fragile life is at high altitude. Even Hall - a climber of legendary strength - found himself defenceless when the mountain turned angry. It's a lesson that may have driven lesser climbers to fatalism - *eat, drink and climb, for tomorrow we die*. Cotter, however, bristles at the very mention of such pessimism: "For me, the whole point of mountaineering is to approach every challenge with the view that I plan to come back alive. If I ever cross that line, then I know I've gone too far."

Boiled down to its essence, Cotter's plan in the mountains is to strike while the iron's hot. Stack the odds in your favour - heat the iron till it's glowing red - then go, and go hard. Whatever your pursuit, be it scaling a peak or building a portfolio, it's a plan that demands both exquisite timing and deep knowledge.

For Cotter, timing and knowledge translate to an almost mystical feel for mountains. "I need to be at one with the mountain," he says. "I need to know what the weather's doing, what the effect of the sun coming up on that slope is going to do, what the effect of that sudden wind increase is going to be. I've got to know what all these things mean so I can operate safely in the environment."

Knowledge doesn't just open up possibilities - it builds parameters, flagging hidden perils and budding disasters. For Cotter, this safety-first ethos is the key to ➤

1

EVEREST BY NUMBERS

11,000m

Average cruising altitude
of a Boeing 747



8848m

Height of Everest

56

Percentage of summit
attempts that were
successful in 2012



18

Percentage of summit
attempts that were
successful in 1990



4mm

Amount Everest grows each year
as a result of tectonic movement



83,000

Approximate number of kilojoules a
climber will burn on summit day



thriving under extreme pressure. “If I can be aware of all the mountain’s subtleties, then that’s validation that I’m in the zone,” he says. “When I’m in that zone, I can take a group of people to the summit of Everest and I can be in control, I can be within a margin of safety. It’s not about surviving and *maybe* making it back alive – it’s about being in control.”

A mental trick Cotter employs: look at a mountain, or whatever challenge you’re facing, like a pilot sees the cockpit of his aircraft. Oxygen supplies running low? Red light. Wind picking up? Red light. Clients worn to the bone? Red light. “Then I have to make the decision whether we carry on or go back down.” Of course, if you lack the knowledge – if you haven’t done your homework – there will be no red light. Cotter grins: “You’re in a state of constant paranoia in the mountains. But that paranoia’s what keeps you alive.”

▶ LEARN YOUR LESSON

There’s an old mountaineering saying: “Accidents don’t just happen – they’re well planned.” It’s a piece of wisdom that succinctly explains why things so dramatically unravelled on Everest in 1996. Small mistakes, minute oversights, simmering personality clashes – all these failings accrued, gradually weakening the defences of the expedition. The shocking appearance of an unpredicted storm brought the walls tumbling down.

Learning from these mistakes was key to Cotter going back the next year and leading that successful expedition to the summit. “You’ve got to be disciplined with your reactions,” he says. “You have to look at what happened, analyse what went wrong and make sure that doesn’t happen to you. History’s very, very important. People who don’t use history are naïve and don’t last very long. They just make the same mistakes again and again.”

The truth is, pioneers often come to a sticky end – from Captain Cook, devoured by Hawaiian cannibals, to Martin Luther King, gunned down by a white supremacist. In Cotter’s mind, Hall was another such pioneer, pushing the boundaries of what people thought possible on mountains. Since 1996, however, the boundaries have been firmed, the lessons heeded.

For Cotter, these modern successes on Everest owe themselves to failures like the ’96 Disaster. He scoffs at the stereotype of the bearded, muscle-bound mountaineer whose single-minded focus and determination carry him to the summit. “That stereotype is completely wrong. A mountaineer is pretty well the opposite. A good mountaineer’s someone who has to think their way up the mountain; someone who’s very aware of their strengths and weaknesses. A good mountaineer is someone who’s completely honest with themselves.”

Your take-home? Hold the mirror up to yourself. Note your strengths and examine your weaknesses. Examine them closely; learn from them. Because it’s only through failure that real success lies. ■



“You’re in a state of constant paranoia in the mountains. But that’s what keeps you alive”

2

BUILD A MOUNTAIN OF MUSCLE

Want to bag your own summit? According to Cotter, “there’s nothing like climbing to prepare yourself for a climb”. In the absence of snow-capped peaks, however, whip your body into summit-shape with this workout from PT Ruth Rampling, founder of TrekFit Australia (trekfitpersonaltraining.com.au).

“If you’ve made the commitment to trek to an unbelievable destination, then pre-trek training is a must,” says Rampling. In order to build total-body strength and resilience, Rampling recommends targeting your legs and upper body in separate sessions. Do each exercise in the circuit back-to-back, then rest for two minutes. Complete three circuits in total. Increase the difficulty of the leg circuit by wearing a backpack loaded with extra weight – use water bottles or packets of rice.

Circuit 1

Do 3 sets of 12 repetitions



SWISS-BALL LEG CURLS

SQUATS

BOX JUMPS



CALF RAISES

LUNGES



HAMMER CURLS

TRICEPS DIPS

Circuit 2

Do 3 sets of 12 repetitions



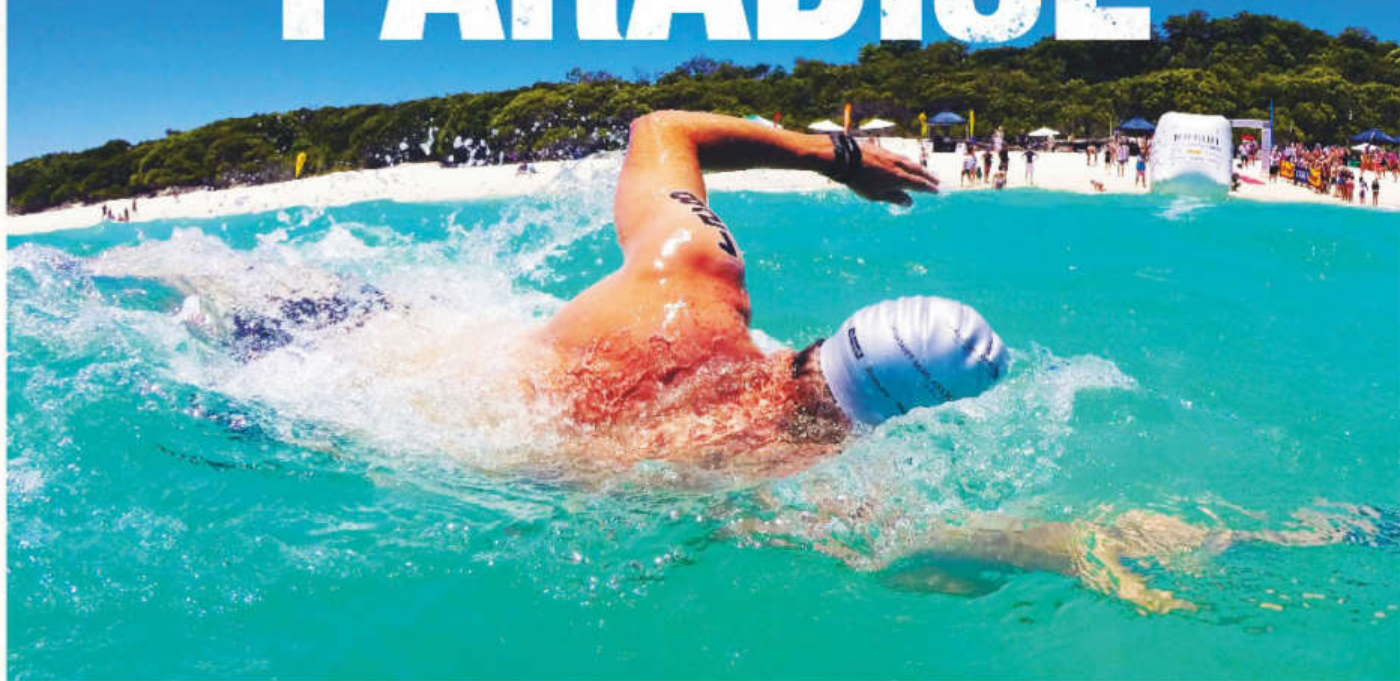
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RENEGADE ROWS

PUSH-UPS

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BY AARON SCOTT PHOTOGRAPHY BY GILES PARK

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APPROVED



MATT MURPHY'S GARAGE IS NO MORE. The roller door has been ripped out, the concrete floor's been covered with rubber matting. Where cars once stood there is now a rowing machine, a Jacobs Ladder climber, a rack of kettlebells. The iron girders on the ceiling are covered with chin-up bars, rock-climbing holds and hanging vertical tubes. There are no mirrors, no speakers, no air-con units - just bare brick walls and a lingering odour of sweat. For Murphy, Australia's premier obstacle racer, this is where the magic happens.

The only adornment in the space is an oversized novelty cheque nailed to one wall. It's from the 2013 Spartan World Championships in Vermont. Murphy finished second in that race, pipped by legendary US obstacle racer Hobie Call. It was a brutal course - 21 kilometres, 30-odd obstacles, 4800 metres of vertical elevation gain. It took Murphy almost four hours of agonising effort to complete. He grins wickedly at the memory: "Crazy stuff . . ."

For the 30-year-old, a former pro triathlete who was forced to give up the sport after developing stress fractures at age 22, that second-place finish remains the high point of his racing career. "I remember at the two-and-a-half-hour mark I went past a whole group of guys," he says. "Now, these guys were suffering. And in that group I saw Boston Marathon champs, US 50 Mile champs, World Mountain Running champs . . . I thought, 'Holy shit, these guys are serious athletes. And I've just passed them.'"

It was at that moment that Murphy realised he had a special talent for obstacle racing. Of course, it's not a talent born of good genes or natural ability. It's born of cast-iron commitment and a withering work ethic. In a sport that demands a full-body blend of endurance and power, Murphy's strength and durability stand apart. He's that rare physical specimen who can both run and lift. He is, in short, a Renaissance Man of fitness.

Do you want to be a more capable physical specimen? Have you signed on for December's Survival of the Fittest race at

Sydney's Olympic Park (mhsurvival.com.au)? Pull it in tight - your training starts now.

MAKE A PLAN

How do you prepare for a multifaceted challenge like an obstacle race? "For me," says Murphy, "if there's a serious event coming up, I look at a 12-week training block, then I periodise that block. So I'll divide those 12 weeks into three four-week blocks. I want to start off easy, with lower intensities and lower loads. Then *I build*." Murphy's tone is ominous - and for good reason. By the time his program's in full swing he'll be running over 100km a week while cramming in five high-intensity gym sessions.

For beginner and intermediate racers, however, Murphy recommends three running sessions a week, complemented by two gym sessions focused on building stability through the core and hips. Build the mileage and intensity for three weeks, then scale it back on the fourth, giving your body the breathing space to solidify gains.

"Everything has to be a progression," says Murphy. "Consistency in training is the biggest thing."

LACE UP

While obstacle races demand the full spectrum of physical skills, running should form the bedrock of any training program. "But don't just go out and pound the pavement," says Murphy. "You want to get specific. Your goal should be to run three times a week. One of those should be a long slow run, one should be a speedy intervals session, one should be a fast

tempo run. This sort of workload is your absolute minimum."

In Murphy's estimation, every session should be tailored to your event. When preparing for the colossal Spartan World Championship races, he'll leave his home on NSW's Central Coast and head down to the Victorian high country where he'll grind out four-hour slogs through ferociously mountainous terrain. For a shorter urban race like Survival of the Fittest, however, the focus should move to zippier intervals sessions (snapping out sprint repeats of 200-600m with 1:1 rest periods) and tempo road runs (striding out on a flat course for 25 minutes at threshold heart rate).

The guiding principle is specificity. Racing in the bush? Hit the trails. Urban setting? Take to the road and work stairs into your route. "You've got to think carefully about what the demands of the event are going to be," says Murphy.

SHIFT IRON

While running should form the framework of any obstacle-racing regimen, it needs to be buttressed by high-tempo

strength sessions. "Runners don't tend to do that well on obstacle races," says Murphy, "because they're not used to different muscle groups producing lactic acid. When you have to, say, crawl for 150m, then jump up and run, you've got this huge injection of lactic acid flooding through your upper body. Believe me - it sucks. And runners aren't used to that."

To avoid this pitfall, Murphy will shift iron up to five times a week. His sessions typically revolve around the big strength movements - squats, lunges, pulls and presses - with exercises supersetted for maximum impact. A minute of front squats into a minute of L-sit rope pull-ups stands as a typical superset.

"You shouldn't be red-lining it in the gym," he says, "but you definitely want to be having a good dig, because as soon as the gun goes in an event you're going to be mixing strength stimuli with running. So teaching yourself to hurt in training using a lot of different stimuli - think push-ups to chin-ups - means your body won't go into shock on race day." ➤

"TEACHING YOURSELF TO HURT IN TRAINING MEANS YOU WON'T GO INTO SHOCK ON RACE DAY"



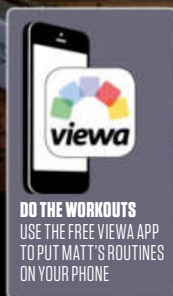
GET A GRIP

When it comes to race-day strength, however, perhaps the most crucial muscle group is also the most neglected. "A lot of people fail in obstacle races because they simply don't have the grip strength," says Murphy, pointing to the swell of muscle on the inside of his forearm. "And it's not just forearm strength. Hanging from a chin bar - that's grip strength. But hanging from a small rock-climbing mount - that's finger strength. You need both kinds in obstacle racing."

For this reason, Murphy's gym sports a hang board, a peg board, vertical tubes, rock pieces and chin-up bars with fat grips of varying sizes. These are studded across iron girders so he can swing, chimp-like, from one side of the gym to the other. Don't have this kind of equipment at hand? Murphy suggests hanging from a chin-up bar until your grip fails. Once you can hang for a solid chunk of time, progress to holding on with one hand, or sling a towel over the bar and cling to that.

"In obstacle racing you have to be able to hold your own body weight for a long time. It's absolutely crucial. Often, your heart and your legs are good to keep going, but your grip strength's blown. And once your grip's blown - bang! - race over." ➤

"GRIP STRENGTH'S ABSOLUTELY CRUCIAL. ONCE YOUR GRIP'S BLOWN, RACE OVER"



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Race-Day Ripped

Obstacle racing challenges your body in every conceivable way, nailing both the aerobic and anaerobic systems. To prepare for this challenge, you need to blend a running program with high-intensity gym sessions. According to Murphy, when you're under the iron, you need to mix your strength stimuli, ensuring your body gets worked along every plane of movement. These two workouts, designed by Murphy, do just that.



For more muscle & fitness tips, download the **Men's Health Personal Fitness Trainer** app from the App Store

Workout 1

Directions: complete these exercises as a four-minute superset. Rest as required after each superset. Complete as many sets as possible in 30 minutes.


01

ROWING MACHINE

Strap your feet in and go flat out for 60 seconds. "Your goal is to blow your lungs out," says Murphy. Remember: in the pursuit of speed, don't let your form falter. Keep your core switched on, your back straight, and drive through your legs.


02

TRX PIKE/PUSH-UP

Assume a push-up position, your hands shoulder-width apart. Hook your feet into TRX straps. Tense your core and draw your knees to your elbows. Return to the start position and punch out a push-up. "This will simulate the physical stresses of crawling," says Murphy. Repeat for one minute.


03

BURPEE

Stand with your feet shoulder-width apart. Squat down, place your hands on the floor and kick your feet back into a push-up position. Reverse the movement to return to the start position. Too easy? Add a vertical jump. "The idea of this exercise is to bump your heart rate up again," says Murphy. Repeat for one minute.


04

CHIN-UP

Hang from a chin-up bar using an overhand grip, your hands wider than shoulder-width apart. Pull your chest to the bar. Repeat for one minute. "And make sure you change your hand position every set," says Murphy. "Go from wide grip to close grip to reverse grip, so you're hitting different muscles."

Workout 2

Directions: complete these four exercises as a superset, then rest for 90 seconds. Do 3-5 rounds, depending on your fitness level. Don't go beyond five rounds – up the weight instead.


01

STEP-UP

Stand in front of a knee-high box or bench, holding a medicine ball to your chest. Place your right foot on the box. Activating your stomach and your glutes, step onto the box. Repeat for 30 seconds on each leg.


02

OVERHEAD MEDICINE-BALL SLAM

Stand, holding a medicine ball at your chest. Hoist the ball above your head, then slam it onto the floor. Incorporate your legs to make the movement as powerful as possible. "After the step-ups, this will really hit your posterior chain," says Murphy. Repeat for 30 seconds.


03

CHIN-UP

Repeat from Workout 1. Again, vary your hand position with every set. For more variety, you can hang a rope or towel over the bar and cling to that, or you can hook fat-grips over the bar to work your grip strength. Do as many reps as possible in 30 seconds.


04

STANDING KETTLEBELL SHOULDER PRESS

Stand with your feet shoulder-width apart, your knees slightly bent. Holding a kettlebell at chest height, extend your arms straight up, driving the weight above your head. Keeping the movement light and fast, complete as many reps as possible in 30 seconds. ■

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DOUBLE THE RESULTS IN HALF THE TIME

A weighty to-do list and bloated social calendar can make getting ripped a drag. So PT James Conci-Mitchell has used some heavyweight sports science to condense an hour of metabolic conditioning into 30 minutes. The two workouts that follow will lay waste to kilojoules rather than your free time

WORKOUT 1: THE DIRTY THIRTY

All you need to harness the fat-burning potential of your whole body is 30 minutes and one barbell. The premise of this circuit is simple – you'll keep your hands on the barbell until all 50 reps are complete, moving from one exercise to the next without rest. It's filthy, but you'll send your cardiovascular system into overdrive and trigger massive Excess Post-exercise Oxygen Consumption (EPOC) to keep incinerating 'joules long after you've towelled off. Pick a modest weight (trust us) and complete as many rounds as you can in half an hour.

01

BARBELL PUSH-UP

10 REPS

This barbell complex engages every muscle group to achieve a metabolic impact in the shortest possible time, but this move isn't there just to tick off your pecs and triceps – the instability caused by resting on a barbell hits your core, hard. Set up in the push-up position by taking a shoulder-width grip on the bar, keeping your body in a straight line from head to heels. Lower your chest to the bar, bracing your core to stop it rolling away, then explode up until your arms are fully extended. Repeat – but don't let go of the bar.

1A

1B

2A

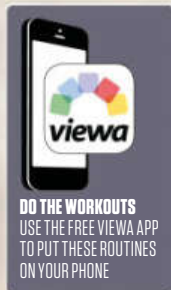
2B

02

DEADLIFT

10 REPS

This powerlifting favourite will help you reach your metabolic threshold faster by hitting your legs, back, core and forearms simultaneously. Begin with your glutes close to the floor, arms straight and back neutral. Lift the bar from the floor, keeping it close to your shins until you reach your knees, then contract your glutes and drive your hips forward until you're standing tall.



03

FRONT SQUAT

10 REPS

The front squat switches the emphasis from your hamstrings to your quads and requires greater input from your core than its brother-move, the back squat. From a standing position, pull the bar up towards your chin and flip your elbows underneath. The bar should be resting across your chest with your fingers cradling it. Lower yourself into a sitting position until your thighs are parallel to the floor. Keeping your spine neutral, drive up through the legs to return to the starting position.



04

BENT-OVER ROW

10 REPS

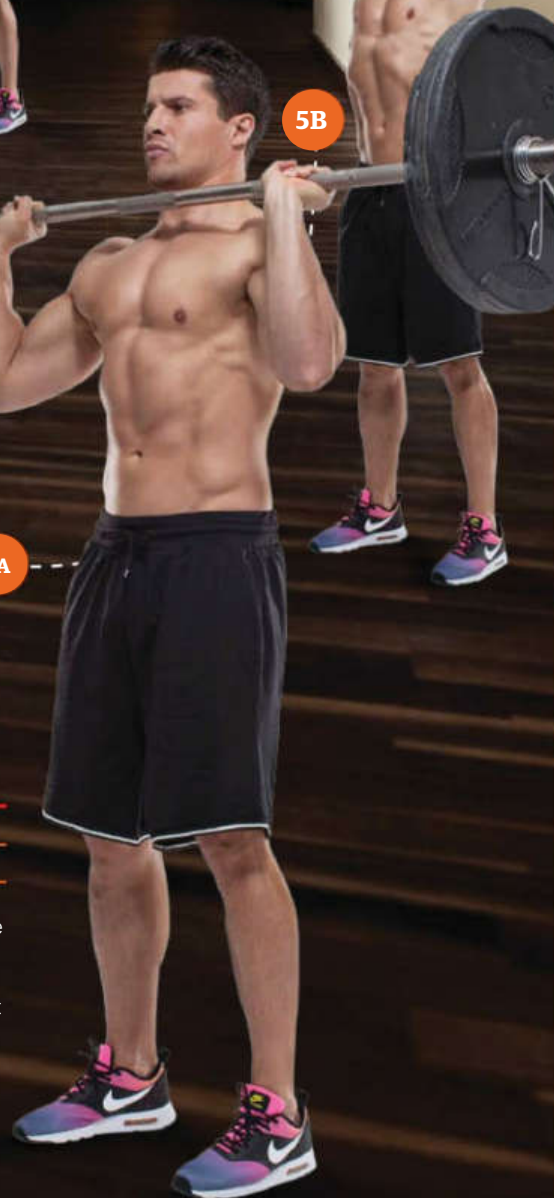
After knocking out the final squat, lower the barbell and bend forward at the waist until you feel a slight stretch in your hamstrings. This move will target your lats, biceps and core, while your heart will start to pound as it works to keep different muscle groups fuelled with oxygenated blood. Begin with your arms in a dead hang, then row the bar aggressively towards the base of your chest, keeping your elbows tight to the body. Lower under control and repeat.

05

OVERHEAD PRESS

10 REPS

The previous set should have taken you to the brink of collapse – but press on. Your final move will call on your core stabilisers, but primarily targets your delts – which should be pretty much your only muscle group with anything left to give. With the final row done, stand up, hoist the bar to your shoulders and press it directly above your head until your arms are fully extended. Lower under control and repeat. You've earned 60 seconds' rest. Shoot for as many rounds as possible in 30 minutes. And remember: hang on to that bar. ➤



WORKOUT 2: 20-20 FISSION

If you're up against the clock but down on body fat, supersets will double up on both. This combination of three supersets isn't just designed to leave you on the floor; it will also improve your reflexive strength and co-ordination while ensuring you hang on to lean mass. The science? Working one muscle group while leaving another to rest allows your body to operate at its metabolic limit for longer. Complete each pair of moves three times, rest for one minute, then move on to the next superset. Your 20 minutes of nuclear fat burning starts now.

A1a

A2a

A2b

A1

SPIDER-MAN PUSH-UP WALK

10 METRES

You won't need a skyscraper (or a costume) for this move, just a decent amount of room and some coordination between upper and lower limbs. The Spider-man push-up walk builds joint strength and stability while bringing almost every muscle group into play. Begin in the push-up position with your body forming a straight line from head to heels, then move your left hand forward and draw your right knee towards your right elbow. Lower your chest to the floor before moving your other hand and foot forward. When you've crawled 10 metres, move on to the lunges.

A2

WALKING LUNGES TO KNEE DRIVE

20 METRES

Lunges are a hugely underrated exercise for working your glutes and hamstrings. Stand tall with a dumbbell in each hand, then take a big step forward until your rear knee is just off the floor, keeping your weight evenly distributed. Now drive through the front leg and lift the rear knee up so that you're standing on one leg, with your raised thigh parallel to the ground. Step forward with your raised leg and repeat on the other side. Hit the floor again for the Spider-man crawl once you've moved 20m. Do three sets, then have a 60-second breather.

A2b



B1

KETTLEBELL SWING

20 REPS

As the arch nemesis of fat, it was inevitable that the kettlebell would show up sooner or later. The swing is one of the most effective kilojoule-torching moves you can perform, but it's easy to get wrong. Pick a modest weight and perfect your form to unlock its full potential. Holding the kettlebell with straight arms between your legs, bend forward from the hips until you feel a stretch in your hamstrings, then drive your hips forward so that the kettlebell swings out like a pendulum to chest height.

B2

SMITH MACHINE HANGING ROW

10 REPS

Drop the kettlebell, head straight to the Smith machine and set the bar at waist height. This body-weight move hits the back and biceps – performing it at high intensity will maximise the metabolic impact. Hang under the bar with your legs at full stretch in front of you, your body forming a straight line and your back just a few centimetres from the floor. Row your body upward until your chest touches the bar before lowering under control. You've got three supersets in all.

C1

MEDICINE-BALL RUSSIAN TWIST

10 REPS EACH SIDE

This is the final duo, so leave everything you have on the gym floor. Russian twists target your obliques, allowing the rest of your body time to recover from its ordeal. Sit down on a gym mat, holding the medicine ball in front of you, then lean back slightly and raise your feet a few centimetres off the floor. Rotate your shoulders to the left and touch the ball to the ground by your side, then lift the ball back over to touch it down to the other side.

C2

MEDICINE-BALL TO OVERHEAD THROW

10 REPS

Ball slams are an explosive move that hit a huge range of muscles, burning up energy reserves (and kilojoules) at serious speed. Grab a suitably weighted ball and raise it above your head, then slam it into the floor with as much energy as you can muster. Squat down to grab the ball, then drive your arms up so that the ball leaves your hands, catching it above your head in the starting position. Three supersets in total, please. Then enjoy the rest of your lunch break. ■

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THE ZINC

BY RAY KLERCK

WHAT IS IT?

Forget the stuff Warnie used to smear across his nose – the zinc coating your insides is far more important. Its main functions are to boost your immune system, heal wounds, improve your skin's appearance, and break down proteins and carbohydrates. Indeed, it's so crucial to your wellbeing that supplementing with it can reduce the severity and duration of illnesses like the common cold, found studies by research database The Cochrane Library. That's your cue to leave the conversation, vitamin C.

HOW DOES IT WORK?

Zinc helps your cells reproduce – and that's crucial if you want to leave a mark on your family tree. If you're low in zinc then you'll stifle your testosterone production, found research in the *Journal of the American College of Nutrition*. Serious deficiencies can lead to infertility, fatigue, memory loss and an inability to focus.

WHEN DO I USE IT?

Your body, muscles included, does a significant portion of its repair and growth at night. Optimise these conditions by washing down your zinc supplement before bed. Bonus: your boosted testosterone levels will prove a big win for your morning glory.

ANY SIDE EFFECTS?

Sure, zinc's one of your body's MVPs – but don't overplay this superstar. Excessive use of zinc supplements can cause diarrhoea, abdominal cramps and vomiting – pretty much everything that'll ruin date night. The Federal Health Department suggests taking no more than 12-14 milligrams a day to be on the safe side.

TASTING THE DIFFERENCE

You can get zinc in both tablet and liquid form, but the drinkable version offers a nifty little test. A teaspoon of the liquid zinc will taste different according to your body's levels of the mineral. If you're deficient, the liquid will taste like normal water; if you have adequate supplies, it will taste fiercely bitter.



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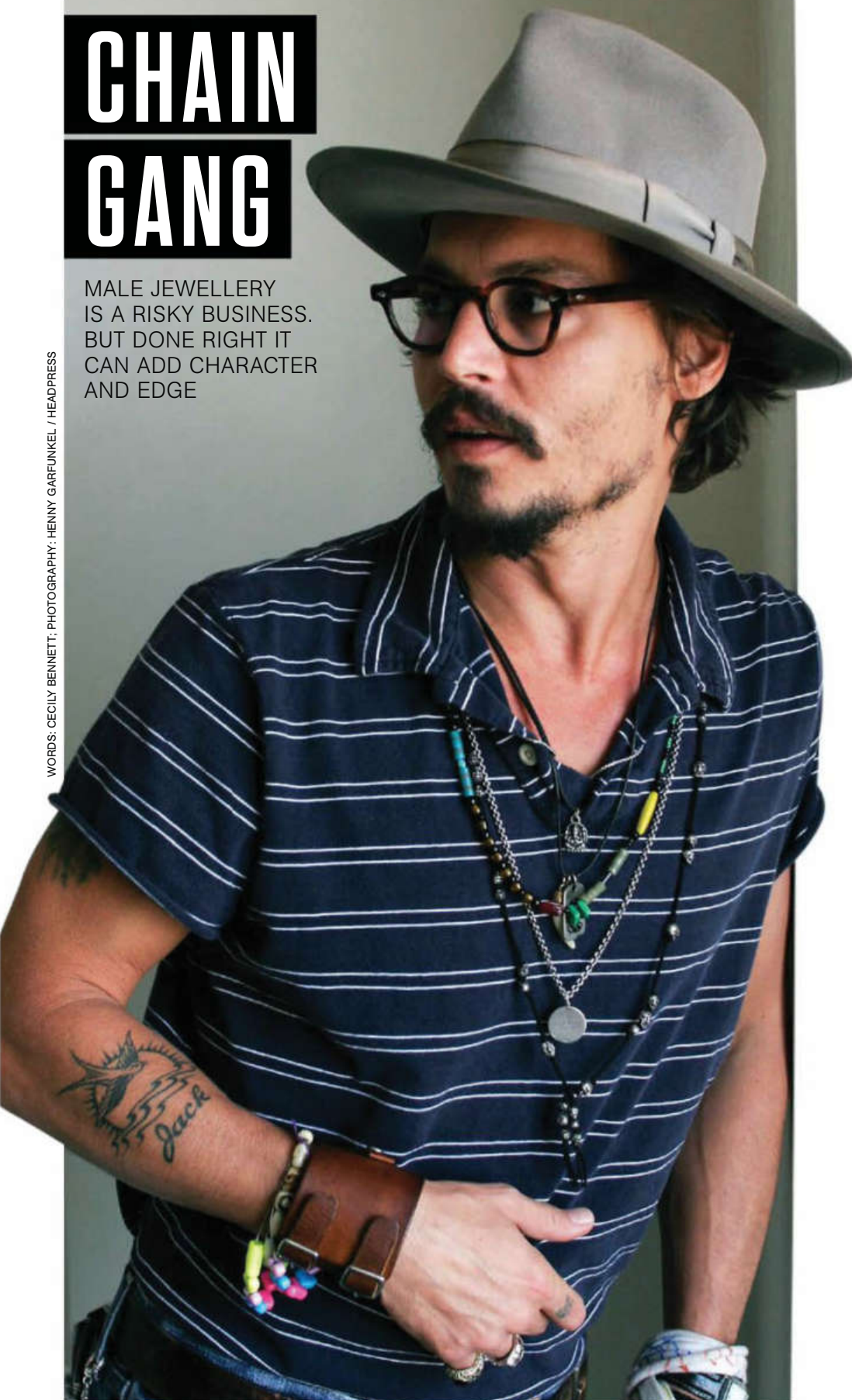
LIMITED EDITION



CHAIN GANG

MALE JEWELLERY
IS A RISKY BUSINESS.
BUT DONE RIGHT IT
CAN ADD CHARACTER
AND EDGE

WORDS: CECILY BENNETT; PHOTOGRAPHY: HENNY GARFUNKEL / HEADPRESS



Johnny Depp gets away with a lot. At 52, the actor has managed to traverse the half-century mark with his unique brand of carefree eccentricity intact. From *Donnie Brasco* to the *Pirates* franchise, he's forged a hugely successful career while squiring an eye-watering list of beauties, from Winona Ryder and Kate Moss to Vanessa Paradis and new wife Amber Heard (a mere 33 years his junior). Further proof of Depp's enduring credibility arrived with his recent unveiling as the face of the new Christian Dior fragrance, *Sauvage*.

Now, we're not saying Depp's success is purely down to his liberal use of accessories. But there's no doubt his ever-present assortment of trinkets contribute to his piratical swagger. Male jewellery, however, remains a dangerous proposition. Get it wrong and you'll look like the living embodiment of a particularly savage mid-life crisis. No-one wants that.

So how does Depp do it? Jewellery designer Toby Jones (tobyjones.com.au) says Depp's look works because he doesn't go for pieces that are over the top. "The biggest mistake is to try and make every part of your outfit a hero," says Jones. "Everything should work together with your existing look."

Follow Jones' other tips to add instant personality to your look.

Start subtle

Don't put on everything at once. Start small and work your way up from there. Even a simple chain can inject a bit of flair.

Complement your style

If you're sporty, you might go for materials like rubber or plastic. If you're arty, you can wear brighter pieces that pop. If your look is more bohemian, leather will work well. Don't pick a big piece that's going to stand out. The key is for it to blend with your overall look.

Know your metals

Gold tends to work really well on darker, tanned and olive skin tones, whereas silver looks good on pale skin.

Pick pieces with meaning

If there's sentimentality or nostalgia behind the jewellery you wear, chances are you'll feel more comfortable.

Mix it up

Don't be afraid to experiment with different pieces. The more you wear, the more you'll accumulate, and your collection will grow with your confidence. But if you get to a stage where you can't lift your morning long black because your hand's burdened by so many rings, it's fair to say you've gone too far.

MH

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DAY TO NIGHT

Wear a suit but don't look like one

Whether you're heading straight out for a date or post-work drinks, it's easy to transition from office to off-duty. Ditch your tie but keep your shirt buttoned if you still want to look dressed-up. Sub in a pair of plain sneakers for your leather shoes to instantly deliver a more casual feel. Work is over, after all, now it's time to play...

All items except shoes from Van Heusen.

- Two-Piece Suit, \$549
- Shirt, \$69.95
- Pocket Square, \$39.95
- Reebok Shoes, \$119.95; hypedc.com

VAN HEUSEN

NEED TO NOSE

HOW THAT BOTTLE OF COLOGNE MIGHT SHARPEN YOUR MENTAL EDGE AND EVEN BOOST YOUR SEX LIFE

You may not realise it, but that bottle of fragrance sitting on your bathroom shelf is the most powerful tool in your grooming armoury. Not only can a quick spritz of your favourite scent improve your mood (researchers from the University of Liverpool discovered that wearing a fragrance noticeably boosts a man's self-confidence), it really can act as the weapon of mass seduction it's touted to be.

Earlier this year, scientists at Germany's Ruhr-University Bochum finally proved what perfumers had been saying for years – that wearing a fragrance can make you irresistible to women. The magic ingredient turns out to be hedione – one of the 900 molecular components of jasmine that gives fragrances a citrusy-floral edge and which, the scientists discovered, stimulates the area of a woman's brain responsible for the release of sex hormones. First used in Dior's Eau Sauvage back in 1966, it's now present in

everything from CK One to Paco Rabanne's latest scent, Invictus.

Dig down further into the structure of your favourite cologne and you'll discover individual "notes" (like mint, lavender and sandalwood) that can do everything from improve your sporting prowess to pump up your penis. Here are six of spring's best "results" fragrances. Don't think of them as scents but as secret weapons.



1. David Beckham Beyond
Fragrance expert Roja Dove claims vanilla – a note found here – is a "psychogenic aphrodisiac" enhancing sensations of pleasure. 60ml/\$39

2. Davidoff Cool Water
Numerous studies have found that peppermint – a key note in this super-fresh scent – can increase athletic performance and reduce fatigue. 75ml/\$45

3. Salvatore Ferragamo Acqua Essenziale
Casalone – a synthetic molecule used to give scents a fresh, aquatic feel – makes this as suitable for work as it is for a day at the beach. 50ml/\$85

4. Tom Ford Costa Azzurra
A genuinely "woody" fragrance due to the presence of lavender which, researchers found, increases bloodflow to your penis. 50ml/\$298

5. Dior Sauvage
Studies claim citrus oil may reduce anxiety and lower stress hormones. Dior's latest contains citrusy bergamot as its key ingredient. 100ml/\$140

6. Dolce & Gabbana Light Blue Pour Homme
Need a wake-up call? This zingy scent features mandarin and grapefruit – known for their energising effect on the senses. 125ml/\$106



BLACK TIE

Get back in black and channel your inner James Bond

Whether you're accepting an Oscar or attending a formal work shindig, a black tie dress code signals an occasion to smarten up your act. A perfectly fitting tuxedo with a peak lapel is just the beginning. Invest in a white shirt with double-cuffs and a regular collar, a black silk bow-tie, black socks and highly polished black Oxford shoes. Above all, keep it simple. Remember: if it's good enough for Sinatra and Clooney, it's good enough for you, too.

- Three-Piece Suit, \$678
- Shirt, \$69.95
- Bow Tie, \$49.95
- Pocket Square, \$39.95
- Brando Shoes, \$249; brando.com.au

Available at both select Myer stores and at VanHeusen.com.au

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HELPING HANDS

READY TO INVEST IN YOUR FIRST SERIOUS SWISS WATCH? HERE'S HOW TO NAVIGATE THE PURCHASING PROCESS

4/ OPTIONAL EXTRAS

"Complications are defined as any function of a watch other than the hours and the minutes," Soon explains. These push up the price dramatically. Chronographs (watches with a stopwatch function) and GMTs (watches with a second hour hand for a different time zone) are among the more basic complications. Don't get dazzled by whiz-bang features you'll hardly ever use. That planetarium function may look pretty cool, but do you really need to know the shifting positions of planets in the solar system as they orbit the sun? "Define what you need from a watch, and look for one that has those complications," says Soon.



3/ SAFE NOT SORRY

When making your first serious watch purchase, aim to think long-term. "Playing it safe is always a good strategy," Soon says. "You want to get something from a reputable brand with a timeless style that you can live with for a long time." An understated dress watch or classic diver, for example, offers the versatility to synch with anything in your wardrobe. Once you've got the basics covered, you can start to branch out.

1/ DO YOUR HOMEWORK

A man's purchases split into two main categories. There are those you make on impulse like, say, duty-free booze. Then there are those that you agonise over for days like a new car or your Fantasy Football line-up. A new watch belongs in the latter category. After all, you'll be living with it for decades to come. Do your homework and familiarise yourself with different brand offerings by perusing a trusted online source. Not sure where to start? Try ablogtowatch.com, hodinkee.com or Australia's very own timeandtidewatches.com.

BREITLING SUPEROCEAN II 44 \$4690

Launched in 1957, the Superocean is revered as a dive-watch classic. This newly optimised version features a slimmed-down case to accommodate Breitling's in-house movement that lurks beneath the metallic blue dial. Water-resistant to 1000 metres, this watch is built to withstand serious pressure on land or sea.

2/ GET UP CLOSE

Buying online can make sense in terms of value and selection. But it's always worth checking out a potential buy in the flesh and actually trying it on. "The best way to judge a watch is to experience it in person," insists Adi Soon, editor of watch magazine *Revolution*. This "live experience" is crucial to get a better feel for the watch and evaluate its size in proportion to your wrist. "It's like going on a date with someone you've only met online," Soon says. "You want to be sure of how much the fantasy of your imagination deviates from reality." ➤

BELL & ROSS VINTAGE WW1

\$4100

With its matt-grey steel case, distinctive lugs and distressed strap, this vintage-inspired beauty pays tribute to the first wristwatches worn by pilots in the Twenties. A real looker.

TUDOR NORTH FLAG

\$4350

Tudor is a brand on the rise. The North Flag represents another huge step forward, with Tudor unveiling their first-ever proprietary movement inside the satin brushed-steel case.

FREDERIQUE CONSTANT MANUFACTURE SLIMLINE MOONPHASE

\$4999

Elegant and slim with an in-house movement lurking behind the pleasingly spacious dial. The moonphase complication allows you to track the lunar movement from your wrist.

BALL WATCH SKINDIVER II

\$3845

Fitted with tritium-filled micro tubes for illumination in the dark, the Skindiver offers crystal-clear legibility even when you're frolicking with mermaids beneath the waves.

MAURICE LACROIX PONTOS S DIVER

\$4200

Oozing retro cool, this vintage-style diver also offers hard-nosed functionality. Water-resistant to 800m, it boasts a helium escape valve and rotating bezel system.

MONTBLANC STAR DATE AUTOMATIC

\$3750

Every man needs a classic dress watch. Here, it's the refined details that elevate this timepiece, with the blue hands, traditional Roman numerals and fluted crown adding discreet personality.

PETER JACKSON



peterjacksons.com

ELEVATE YOUR

Style

CHINATOWN

YOUR SUMMER ACCESSORIES CAN
DEFINE YOUR LOOK AND SHARPEN
YOUR STYLE GAME. HERE'S HOW
TO NAIL THE FINISHING TOUCHES

STYLING BY **VIRGINIA VAN HEYTHUYSEN**
PHOTOGRAPHY BY **BEN SULLIVAN**

Brand New Bag

► The right bag not only looks good, it provides practical storage space to save your pockets. "Keep it timeless in black or brown leather and avoid excessive hardware," says Paul Giles, stylist and author of *The Gentleman's Guide to Cool*. "Let the simple design and luxury material speak for itself."

- Hugo Boss linen-blend jacket, \$1299
- Topman Topshop bubble-stitch T-shirt, \$58
- Marcs cotton trousers, \$159
- Ben Sherman belt, \$39
- Calibre loafers, \$269
- Calibre flower lapel pin, \$59, and silk pocket square, \$49
- Derek Cardigan eyewear (in pocket), \$99
- John Hardy turquoise beaded bracelet, \$350, sterling silver bracelet, \$620, and black chalcedony bead bracelet, \$450
- Frédérique Constant Manufacture Worldline watch on alligator strap, \$5400
- Tod's leather tote bag, \$2115





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Heads Up

▼ "Wide-brim fedora-type hats have been given a summery spin this season," says Victoria Hunter, accessories buyer and designer for Calibre. "Invest in a neutral colour that will take you from beach to barbecue." The key to wearing it well? Confidence all the way.

- Helen Kaminski "Tane" hat, \$285
- Garrett Leight "Hampton" sunglasses, \$399
- Calibre cotton jacket, \$699, and trousers, \$299
- Dat Van giraffe lapel pin from Becker Minty, \$245
- H&M cotton shirt, \$39.95
- Ben Sherman belt, \$39.95
- Paul Smith silk pocket square, \$92

(On model's left hand)

- Ball Engineer Master II Aviator watch on stainless-steel bracelet, \$2195
- Il Bisonte red leather bracelet, \$49, and natural bracelet, \$65



Square Route

◀ A pocket square adds an instant dash of dapper. "Keep your pocket square bold and play with clashing prints and colours," says Hunter. "Forget the origami-style pocket kerchiefs – just drop it in your pocket, give it some volume and go. Finish the look with an interesting lapel pin – something bright and fun that adds a point of difference."

- Kestin Hare cotton jacket, \$439
- Paul Smith cotton shirt, \$255
- Scotch & Soda wool-blend vest, \$169.95
- Calibre lapel pin, \$39
- Turnbull & Asser silk pocket square from Henry Bucks, \$110

Foot Loose

▼ Everything from chinos to suits can be worn *sans* socks, according to Hunter. "Loafers and sneakers are the footwear of choice, but heavier shoes such as brogues are also making an appearance." The secret? Don't actually go sock-free. "Invest in a pair of invisible socks to save your shoes from the heat of summer."

- Ray Ban sunglasses, \$209.95
- Cocurata cotton jacket, \$439.95
- Lacoste neoprene polo shirt, \$239
- Kestin Hare cotton trousers, \$209
- Chamula horse-hair cuff from Footage, \$109
- Ball Engineer Hydrocarbon watch on stainless-steel bracelet, \$5600
- Coach shoes, \$620
- Mismo tote bag from Footage, \$379



Wrist Assessment

► Your wristwear is no longer restricted to watches: now you can stack a band or four (no more, though) alongside. When stacking mangles (aka man bangles), all your normal material-matching rules go out the window. But if they start getting frayed, it's time to snip them off.

- Scotch & Soda cotton jacket, \$349.95, and cotton chinos, \$279.95
- Gant cotton shirt, \$179
- Hillside tie from Footage, \$90
- Declic tie bar, \$69.95
- Paul Smith belt, \$160
- Drakes pocket square from The Strand Hatters, \$120
- Dita "Liberty" sunglasses, \$475
- Barantani backpack from Hunt Leather, \$975

(On model's right hand)

- Wrap leather bracelet from Footage, \$99

(On model's left hand)

- Tod's woven single-, \$235, and double-wrap bracelets, \$365
- Frédérique Constant Slimline Moonphase watch in stainless steel, \$4999



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SNEAKER PIMPS

TRAINERS HAVE GRADUATED FROM THE PLAYGROUND WITH NEW-FOUND LUXURY STATUS, AS FASHION DESIGNERS GET IN ON THE ACTION AND VINTAGE TREADS BECOME AS VALUABLE AS GOLD DUST. IT'S TIME TO STEP UP ►

BY **MATT HAMBLBY**
STYLING BY **MONICA RUSSELL**
PHOTOGRAPHY BY **EDWARD URRUTIA**



GIUSEPPE ZANOTTI, \$1380, AT HARROLD'S



VERSACE, \$1700, AT SNEAKER BOY



LOUIS VUITTON, \$1090



BALENCIAGA, \$945, AT HARROLD'S



SAINT LAURENT BY HEDI SLIMANE, \$700, AT HARROLD'S



CHRISTIAN LOUBOUTIN, \$2295



BURBERRY, \$550



NOT SO LONG AGO,

trainers were bought either for the street or the field. They were accessorised either with blue denim or Deep Heat, and your purchasing decisions amounted to Nike vs Adidas, Puma vs Reebok. Of course, trainer fetishism is not entirely new – men have long paid above the odds for a certain colour, a bespoke ident or a special edition. But for years, that limitation remained: street or field.

Something different is happening now. Trainers are being seen in a new light and a new context, as designers, stylists and trendsetters begin treating them with the kind of reverence afforded to leather soles and calfskin uppers. All of a sudden, off-duty footwear has become acceptable, *de rigueur* even, at events requiring a heavy-duty invite and a swanky dress code. The humble Adidas Stan Smith, for instance, has been upgraded from the tennis court to the front row, as evidenced by the feet of editors and buyers at the recent London and Milan fashion shows. Some people – by which we mean Kanye West – have even deemed them acceptable attire for a black-tie event.

If this was simply a case of trainers being in vogue again, it wouldn't be worth getting your laces in a twist. But it's much more than that. Designer labels such as Dior Homme, Valentino and Lanvin are muscling in on Nike and Adidas territory, ushering in a whole new category of "artisanal" trainers. New labels, including

Common Projects, Feit and Coloquy, are producing plain, understated trainers with minimal branding and charging hundreds (upon hundreds) of dollars for them. Made from expensive leathers and constructed by hand, they're stocked in high-end retailers alongside traditional footwear brands such as Church's and John Lobb. But you can forget about wearing them to the gym – these trainers have no athletic pretensions whatsoever.

"The elevation of the trainer has in fact been happening for some time," says Volker Ketteniss, head of menswear at trend forecasters WGSN. "Designers like Maison Martin Margiela have been trying to bridge the gap between trainers and high-end shoes for years. But, in the last year especially, we've seen suiting become much more casual while a lot of denim and streetwear has become smarter. People are looking for a shoe to complement that direction."

The big players in menswear have also played a huge role: "The designers who are now influencing trends – Kim Jones, Raf Simons, Hedi Slimane – grew up in a trainer culture, so it's natural that they'd look for fresh ways of approaching them."

It's not simply a trickle-down effect either. These brands' customers – that's you – have evolved, too. For children of the Eighties, trainers have always been a status symbol. Those who grew up with landmark styles such as the Nike Air Jordan, Reebok

Pump or Puma Disc are no strangers to the allure of a synthetic sole. Neither do they subscribe to the idea that, with the onset of adulthood, sophisticated style should preclude the footwear of the playground.

Still, it's one thing to spend \$150 on a pair of Nike Air Max you last wore as a teenager; it's another thing entirely when designer brands are charging north of \$800 a pair. So what, exactly, are you getting for your money? In a word: quality.

"You'll generally find a much higher level of construction with luxury sneakers," says Sam Lobban, senior buyer at Mr Porter. "The sole units tend to be stitched, meaning they'll last longer than something that has been glued. They typically use premium leathers instead of nylon mesh, too. Luxury trainers are an investment in the same way that well-made shoes are." Last year, Tom Ford – who had previously sworn he would never make tennis shoes – unveiled trainers that were benchmarked like the finest traditional footwear. Berluti, which has a reputation for the latter as burnished as their famous patina, also now offers the former.

Luxury brands don't have a monopoly on high price tags in the new sneaker economy, however. Where they have quality and cachet, sportswear brands have rarity. Nike in particular is a past master at creating astronomical demand and purposefully insufficient supply, which in turn has created a huge resale market and pushed prices skyward. *Campless.com*, a blog that collates trainers-oriented data,

HAPPY SHOE YEAR

MUBI ALI FROM SNEAKERSNSTUFF RUNS YOU THROUGH 2015'S BIGGEST FOOTWEAR RELEASES



01 REEBOK VENTILATOR

January

"Reebok's Certified program focused on the 25th anniversary of the Ventilator this year; this was just the first of some very interesting and closely guarded collabs."



02 ADIDAS YEEZY 750 BOOST

February

"Following his defection from Nike, the first collab from Kanye's new home launched on February 14 and could be reserved via the app Adidas Confirmed."



03 ADIDAS SUPERSTAR

March

"Last year, the Stan Smith took over the world: this year the Superstar is, well, the star. The Eighties Deluxe is a sign of the collabs, reissues and colourways to come."



04 VANS SNS SWEDEN

May

"The Vans slip-on will make a comeback and many influencers are moving towards the checkerboard already. We're launching a very special version."

"TRAINER BRANDS ARE MASTERS AT CREATING ASTRONOMICAL DEMAND AND PURPOSEFULLY INSUFFICIENT SUPPLY"

ranks Nikes as the most collectable. Top of the list, with a perfect score (according to the site's algorithm), is the Nike Air Yeezy, a collaboration between Nike and Kanye West. Next is the Kobe 9, then the Jordan 4. Sneaking in at number 10 is the, um, LeBron 11.

Note that these are also collaborations. This collateral alliance has become the trainer industry's licence to print money. Joining forces with a musician, a sportsman or even a fashion designer can be incredibly lucrative both for the brands and re-sellers, some of whom actually make a living as sole traders. When the Air Yeezy 2 Red October launched in February last year, it retailed for \$450 and sold out within 11 minutes; at the time of writing, it commands upward of \$10,000 new on eBay. (The auction site's trainers' business is up around 31 per cent year-on-year.)

These trainers aren't necessarily any better than the rest – they're just harder to procure. Brands know that if they restrict the supply of certain releases, the demand will trickle down to other models and create an inflationary environment where prices explode and buyers trade information like insider stock tips. Trainers, it goes without saying, are big business.

"There's certainly an audience out there who are constantly hunting, trying to work out what we'll do next," says Nate Jobe, senior design director at Nike, who last year worked on a collaboration with Riccardo Tisci, creative director of Givenchy. The pairing was especially significant. Rather than design a new shoe, as was the case when Yohji Yamamoto and Adidas or McQ by Alexander McQueen and Puma joined forces, Tisci put his stamp – and by extension, high fashion's seal of approval – on an existing Nike style.

"Riccardo is a big Air Force 1 fan," says Jobe. "He talked lots about how basketball was the only sport he really connected with growing up. So the project felt very natural for us."

As any economist will tell you, bust follows boom as sure as thunder follows lightning. But don't expect a crash in the trainers' market any time soon, says *Forbes* magazine's resident "sneakerologist" Matt Powell. "The question I get asked most often is: 'Where are we in the sneaker cycle? When is this sneaker cycle going to end?'" he says. "And my answer is always the same: 'It's not going to end. We are living in a permanent state of sneaker-ness.'"

THE EXPERTS

THESE MEN KNOW FOOTWEAR INSIDE OUT



THE BUYER

SAM LOBBAN

Senior buyer at Mr Porter

"Designer collections have become more casual: tailoring is about separates more than suits, while bomber and lightweight nylon or windbreaker jackets are in most collections. Sneakers work great with these kind of styles. There's a general feeling of comfort and ease."



THE RETAILER

CHRIS KYVETOS

Founder of Melbourne luxury store Sneakerboy

"High-fashion tends to reflect people's lifestyles. As these have become more active and casual, high-fashion designers have entered the sneaker market. Working in collaboration with brands like Nike and Adidas gives them access to new technologies in footwear."



THE DEALER

MAGDI FERNANDES

Photographer and former director of *Slammin Kicks*

"I can appreciate high-end trainers, but I don't think people will collect them like AirMax and Jordans. The fickle nature of fashion means trends are forever changing, so it'll be difficult for them to cement themselves in pop-culture history."



THE SHOWMASTER

MORGAN WEEKES

Co-founder of *Crepe City* trainer fair

"The value of trainers is cyclical. Brand-new pairs of vintage Nike Huaraches were changing hands for \$100 a few years ago, and those specific colourways now go for close to \$1200."



THE SOOTHSAYER

VOLKER KETTENISS

Head of menswear at trend forecasters WGSN

"People want to be comfy but not sloppy. The simpler the style, the easier it is to integrate into more formal outfits. Adidas Stan Smiths look minimal but feel luxurious."



05 CONVERSE JACK PURCELL

July

"The Chuck Taylor received a great response with the re-introduction of the Seventies silo last year. This year, the Jack Purcell will no doubt get the same treatment."



06 NIKE AIR MAG

September

"Nike designer Tinker Hatfield is working on an automatic lacing system, as seen in *Back To The Future: Part II*. The rumoured drop date is September 8."



07 PUMA DISC BLAZE X BAPE

September

"Rihanna's already shown the world that Puma will be working with Japanese streetwear pioneers Bape this year; the resulting shoes are hugely anticipated."



08 JORDAN RE-MASTERED

November

"Premium leathers and executions will up prices, but justifiably so. Look out for the retro colourways in November's Black Friday release."

THE WEEKENDER

PHOTOGRAPHY BY **STEVE BACCON**
FASHION EDITOR **MAIA LAKOS**

FROM PRINTS AND PATTERNS
TO BOLD TEES AND BLAZERS,
THE STYLE THIS SUMMER IS AS
FRESH AS A BALMY SEA BREEZE.
SURFBOARD OPTIONAL

Don't be afraid to go bold when it comes to printed T-shirts. "The secret to wearing a patterned tee is to keep the look tonal," says Evan Johnson, Trenery Menswear design manager. "Work it back with a solid or micro-patterned short using colour to link the look. Styling tip: the louder the tee, the quieter the shorts!"

CAR: LIMITED EDITION HONDA HR-V
GROOMING: MONIKA BUNIC;
MODELS: MITCH @ CHADWICK, WILL @ WINK, JACK @ IMG





Will wears River Island T-shirt, \$40
R.M. Williams shorts, \$89.95
Local Supply sunglasses, \$59.95
River Island mixed bracelets,
\$13 (sold as set; worn throughout)
Marc's holdall, \$269

Jack wears Next vest, \$20
Trenery shorts, \$79.95
Country Road slip-ons, \$129

Mitch wears Tommy Hilfiger stripe polo, \$120
A|X Armani Exchange shorts, \$129
River Island shoes, \$40
Ben Sherman holdall, \$119.95



Mitch wears Next swim shorts, \$24
Local Supply sunglasses, \$59.95

Will wears Marcs shirt, \$129
Hugo Boss shorts, \$169





Will wears Quiksilver Wetsuit, \$289.99

"Swim shorts are a great way to put pattern in your wardrobe," says Johnson. "But don't restrict them just to the beach. They also look great worn with a plain T-shirt or chambray shirt."





Mitch wears Marcs shirt, \$119
JAG cargo shorts, \$79.95
Marcs canvas slip-ons, \$129

Jack wears Ben Sherman shirt, \$119.95
Target T-shirt, \$15
Ben Sherman shorts, \$99.95

Will wears JAG T-shirt, \$39.95
Ben Sherman chinos, \$199.95
Local Supply sunglasses, \$59.95



Mitch wears G-Star shirt, \$140
Target T-shirt, \$15
G-Star jeans, \$190

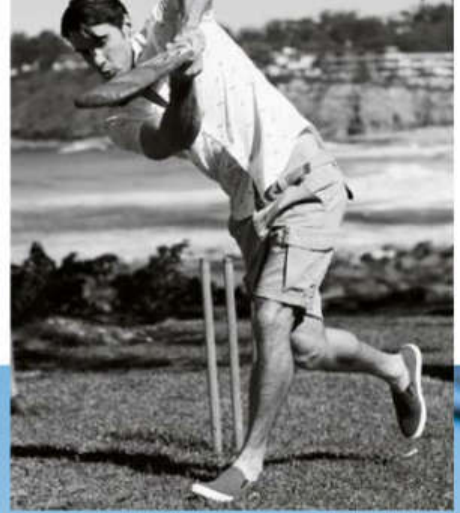
Jack wears Next singlet, \$10.50
Trenery shorts, \$99.95
G-Star cap, \$60

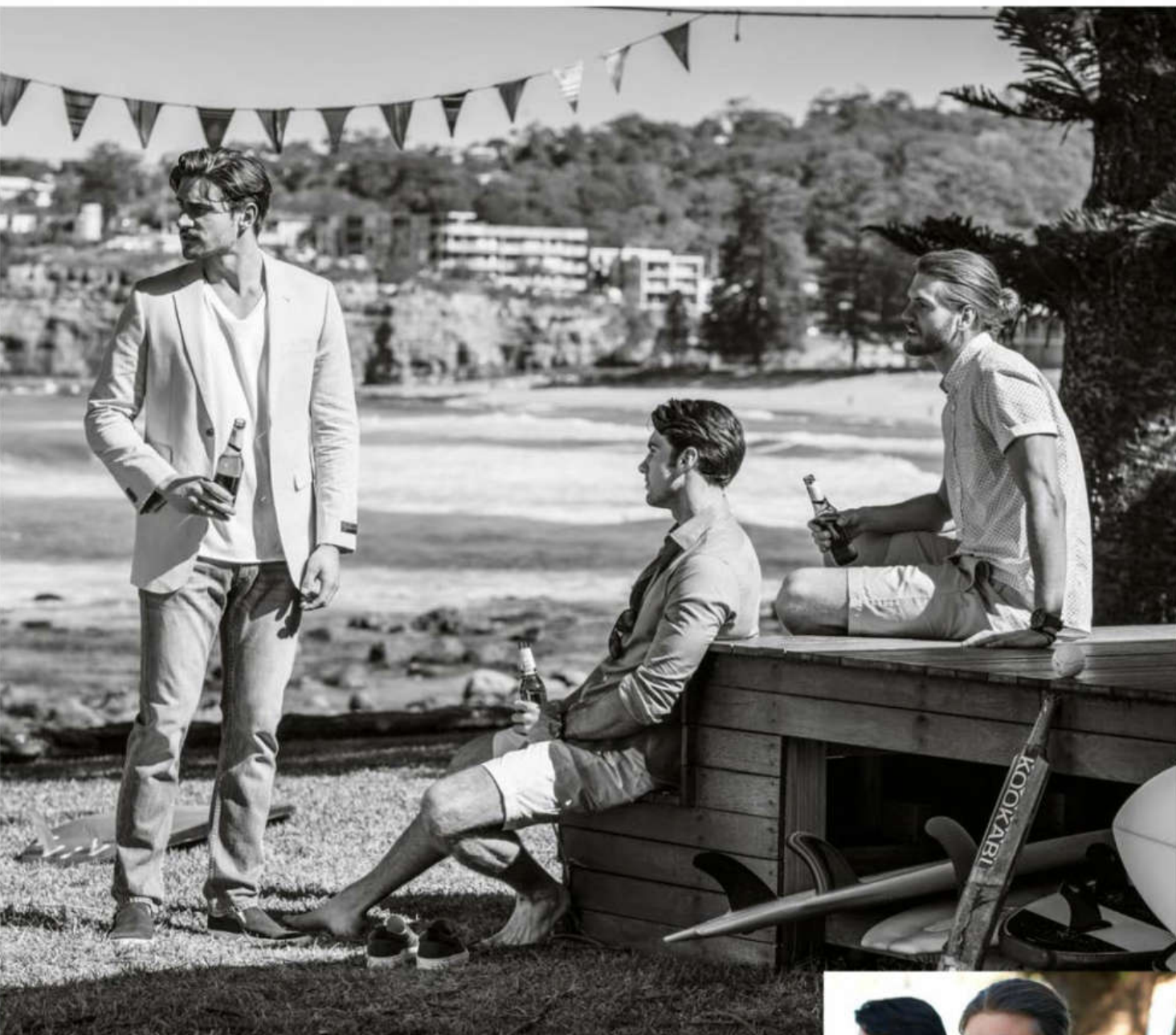
Car: Limited Edition Honda HR-V





A patterned shirt is a summer staple that looks as good with jeans as it does with shorts. "Keep the look clean and buttoned-up, or layer with a plain white or grey crew-neck T-shirt to wear underneath," says Johnson. "Remember, if you're wearing a print on top, keep things simple on the bottom."





Whether you dress it up or down, a blazer is a versatile investment. "A neutral-colour blazer will work harder for you, as it's easier to mix," says Johnson. "For a relaxed summer look, wear with a rugged linen shirt and subtle patterned short, or for a crisper feel, you can't beat a striped tee and navy chinos."



Jack wears Trenerly jacket, \$349
Nique tank, \$69.95
JAG jeans, \$129.95
Country Road slip-ons, \$129

Mitch wears M.J. Bale shirt, \$129.95
R.M. Williams shorts, \$89.95
Local Supply sunglasses, \$79.95

Will wears Hugo Boss shirt, \$229
Trenery shorts, \$79.95
Nixon watch, \$259.99



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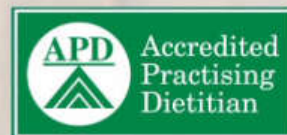


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THE ESSENTIALS

Our guide to what's happening and what's new



VERSATILE STYLE

A staple in any wardrobe, Van Heusen's navy suit range can effortlessly take you from the boardroom to the bar. Simply remove your tie, switch your shoes and you're dressed for a successful night out. The new Van Heusen range is available now at selected Myer and David Jones stores and vanheusen.com.au

Van Heusen two-piece suit: \$549, Van Heusen shirt: \$69.95, Van Heusen pocket square: \$39.95

ADD MORE BETTERNESS TO YOUR DAY

Developed by naturopaths, with greens, fruit, vegetables, vitamins, minerals, herbs, probiotics, fibre, organic sprouts and now with a better formula, Vital Greens is your convenient all-in-one daily health supplement. This great-tasting powder-to-liquid formula helps provide you with a total supplement boost from just two daily teaspoons – adding more betterness to your day. Visit vitalgreens.com



RUGGED CLASS

Featuring Land Rover's Terrain Response System (which can tackle virtually any surface on- or off-road), a 5-star ANCAP safety rating and a luxurious interior with an optional third row of seats, Discovery Sport is the most versatile premium SUV in its class. Explore at landrover.com.au



CANESTEN PLUS CREAM

Canesten Plus cream (\$8.95) soothes the symptom and attacks the cause of Athlete's Foot.

Always read the label. Use only as directed. If symptoms persist, see your healthcare professional. Your pharmacist's advice is required.

ASMI 25112-0715

THE SWEETER CHOICE

With its unique blend of sweeteners, Equal NEXT creates the most sugar-like taste to date. Each sachet (15kJ) is equivalent to two teaspoons of sugar (140kJ), providing great portion control and a far healthier alternative. Each packet also comes with a recipe for a great-tasting virgin Wild Berry Mojito, providing immediate opportunity for you to begin having fun with the product. Visit equalchoice.com.au

RRP: \$5.99



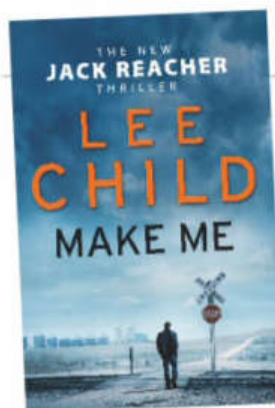
LIGHT YEARS AHEAD

The SEIKO Sportura Perpetual Solar is powered by any light source and stores energy for six months. It comes with a stopwatch that measures 24 hours in one-fifth-of-a-second increments, a perpetual calendar that adjusts automatically until February 2100, a 24-hour alarm and the ability to display a second time zone. Visit seiko.com.au



LIFE PARTNER

Play harder, work smarter, live better. Vivoactive, the lightweight GPS smartwatch, comes with built-in running, biking, golfing, swimming and activity-tracking apps. Use on its own or pair with your smartphone for incoming call and message notifications. Visit garmin.com.au. RRP: \$339



WEEKEND THRILLS

Jack Reacher, everyone's favourite nomadic renegade, is back. The new book in the bestselling series is another heart-pounding adventure from the kick-arse master of the thriller genre. Strap yourself in for 2015's most explosive read and visit randomhouse.com.au/measureup to see how you measure up to Jack.

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Phone: (02) 9394 2000 Fax: (02) 9394 2319 Subscription enquiries: 1300 668 118

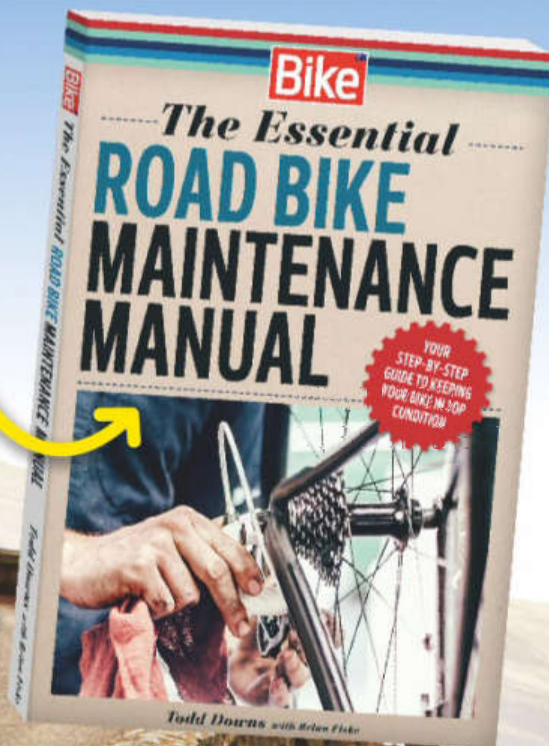
Printing Hannanprint Warwick Farm, 2-8 Priddle St, Warwick Farm, NSW 2170. Distribution Gordon & Gotch. Published 12 times a year. Registered business name Pacific Magazines Pty Ltd, (ABN) 16 097 410 896. All rights reserved. Title and trademark *Men's Health*® Rodale Press. No part of this publication may be reproduced in whole or in part without prior written permission. *Men's Health* is a registered trademark and the unauthorised use of this trademark is strictly prohibited.

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Your Lucky Numbers

We find out how the fates have treated you

42 

Percentage of men who consider themselves lucky

\$191 

Total amount of cash the average guy reckons he's found in his lifetime



Proportion of guys who went to a psychic and say the predictions were spot-on

45 

Percentage of men who wear lucky clothes to boost their love lives

80 

Percentage who say luck is largely self-made

1 | 20 

Proportion of guys who've tried to swipe some luck by fishing coins out of a fountain



Percentage of gambling men who say they're unlucky

1 IN 9 

Proportion of men who always carry a lucky charm

Word shrinks use for a fear of those freaky Fridays:

PARASKEVIDEKI

1 IN 20 

Proportion of men who refuse to fly on Friday the 13th



BRAD PIT

The man guys contend is the luckiest self-made devil of them all

 A CHAIN
The charm he's most likely packing

1 IN 2 

Odds that a hold'em hand will be won by a good player with a bad hand



1 IN 450,379

ODDS OF PULLING A SUPERMODEL

44 

Percentage of men who say Lady Luck has bestowed good parking karma on them

32 

Percentage who consider finding money on the ground proof of their good fortune

14% 

OF MEN WILL AVOID CROSSING PATHS WITH A BLACK CAT

48% 

OF MEN HAVE ESCAPED DEATH AND CONSIDER THEMSELVES LUCKY TO BE ALIVE

1 IN 8 

PROPORTION OF SPORTSMEN WHO WON'T WASH THEIR SOCKS AS LONG AS THEY'RE WINNING

MAKE YOUR OWN LUCK

To tilt life's odds in your favour, treat luck as a skill, not a fickle phenomenon. "The more people think of luck as something that can reliably help them, the more likely they are to persist with challenging tasks," says UCLA researcher Dr Maia Young, co-author of a study in *Personality and Individual Differences*. Start by comparing down, not up: whether it's a financial setback or a professional drought, measure yourself against those who've fared worse in similar situations. You'll focus on what your good luck has yielded, not on what your bad luck has caused you to miss.



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